

"THE MAGAZINE OF SELF-DISCOVERY"

YOUR

BLUE PRINT OF DESTINY

BY NORVELL

APRIL 1945

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25¢

MIND DIGEST

A NEW STAR ON THE HORIZON OF
TRUTH • INSPIRATION • SELF-DISCOVERY

MIND IS THE BUILDER

KNOW WITH WHAT SPIRIT YOU FEED IT!

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APRIL 1945

MIND DIGEST

THE MAGAZINE OF SELF-DISCOVERY

VOLUME I

NUMBER I

Dear Readers:

As this first issue of "Mind Digest" goes forth we believe that it is proper to make a brief statement about its purpose and aim.—

Basically "Mind Digest" will deal with all phases of life in their relation to mind from the purely mental to the highly spiritual plane.

"Mind Digest" believes that all life is penetrated with the wisdom of God; that God has a real plan for man's existence and development here on earth and that this plan is of the greatest benefit to our own personal welfare and our happiness, provided it is understood correctly and used intelligently.

The most important task in life, therefore, is the problem of discovering the plan or the laws of the Great Creator and to live in accordance therewith. An understanding of these laws would bring to us the benefits of cooperation instead of the distress of opposition caused by antagonistic action due to a lack of understanding.—

It is with this aim in view that "Mind Digest" was conceived by its founders.

It is said that "All Roads Lead to Rome," provided you want to go to

Rome and we are convinced that likewise "All Roads Lead to God" provided God, or a desire for an understanding of God and the deeper significance of life, is your goal.

God can be compared with a lofty mountain and the many different religions and creeds with roads leading to and ascending this mountain. These roads may vary greatly in kind, in beauty, in difficulties—but if persistently traveled they will all finally lead to the Great Glory of the Father. "Mind Digest," therefore, will open its pages to contributions from all groups that can supply constructive ideas to a better understanding of the problems involved and that follow in their teachings the basic truths of "The Immanence of God" and "The Kingdom of Heaven Within."

"Mind Digest" will not confine its pages to messages of any sect or creed for it is bound neither by tradition nor by any particular doctrine.

"Mind Digest" is free. It is independent. Our main aim is to help you discover yourself. Our ambition is to help you break the bondage of mental and spiritual poverty so that you may expand your life and enter upon a period of spiritual unfoldment which will enrich your life with the benefits of your God-given inheritance of an ex-

istence that is more abundant, more beautiful, and more effective.

"Mind Digest" will bring you the best information and instructions that can be obtained and which we feel will be of help to you in acquiring a better understanding of the relationship between God, the Creator, and Man, the Crown of His Creation.—

The world is approaching the threshold of a new era that will bring a greater evaluation of the spiritual mode of life.

"Mind Digest" believes that there are many thousands of people who desire to enter into this era of mental and spiritual development so that they may become, in a true sense, "The Masters of Their Fate," "The Captains of Their Souls." This can be achieved only by a process of building your future by the proper use of the creative powers of your mind.

"Mind Digest" believes that ALL IS GOOD that is made by God, our creator; that our seemingly "bad" conditions are brought about by man himself and that in the last analysis even these "bad" conditions serve their purpose of teaching man the lessons he needs.

"Mind Digest" believes, above all, that man was created in the image of God; that God is infinitely wiser than man; that man's body and mind are the master creation of God and that God in creating man also created the most ideal surroundings for man's physical existence as well as for his training and development in mind and body and his activities on both the material and spiritual planes.

"Mind Digest" believes that through the right use of the God-given powers of his mind man can be master of his fate in his physical as well as in his spiritual existence.

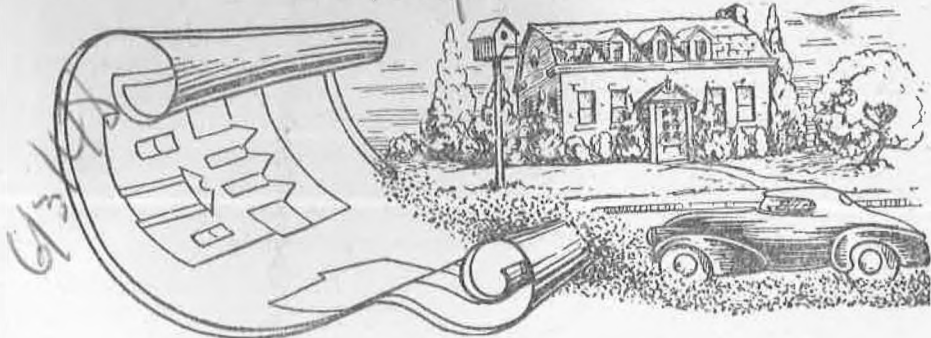
"Mind Digest" believes further that to become master of his fate man must train his mind to perform perfectly and must feed his mind mental and spiritual food that is designed to develop to the fullest all the possibilities with which God has endowed him. Above all, he must learn to avoid those things that give him mental and spiritual indigestion which, in turn, is the root of all the troubles of this world, personal as well as national, producing sickness and misery in all their many shapes and varieties.—

As we travel together to a better understanding of life's principles, a greater beauty of life's manifestations, and a surer success in life's accomplishments, we hope that we may ever become more closely connected and that in time our readers and our contributors will represent a great brotherhood of fellow travelers along the true highway of life.—

To the accomplishment of these aims, we dedicate our most sincere efforts.—

We hope that God will bless our humble endeavors to bring a greater understanding of His ways and His opportunities to those who are longing for a more satisfying and a more effective existence here on earth.

YOUR EDITOR,
William G. Faltin.



Your Blue Print of Destiny

NORVELL



HAVE you wondered why defeat and disappointment dog your footsteps in life? Have you tried to build a successful career, a happy life, only to find the whole structure come tumbling down about your head?

Have you asked yourself, "What's wrong with my life; everyone else seems to be happy and successful, but I only seem to attract failure and unhappiness"?

Let us examine the structure of your life carefully. Your destiny is built, brick by brick, just like a house. It has form, shape, and dimension. Your thoughts, words and actions create the building material. You can build a mansion or a dismal little shack. The Universal Intelligence carries out your orders explicitly. This Intelligence can

only build according to the plans it receives. It is limited only insofar as your mental capacity is limited.

Let us examine this Architect of your Destiny a little further.

Everything in the universe has a definite atomic pattern; nothing is created by chance or accident. The substance which Universal Intelligence uses for building blocks is invisible; masses of atoms which fill space and which converge in a pattern to form a rose, or an apple, or a human body, depending on the invisible pattern given to this Universal Intelligence.

The Blue Print for a rose is different from that of a carrot; and that of an oak, different from that of a squash. They are the same atoms, or universal substance, but of a different arrangement.

This Universal substance is the protoplasm of life. It can be imprinted with definite forms or patterns. Being invisible, it can be acted upon by invisible forces. What are those invisible forces? YOUR THOUGHTS!

Yes, your thoughts are electrical in

nature; they have the ability to go out on the ether waves which fill the universe; they are able to form invisible, atomic pictures, or moulds, into which Universal substance may pour itself. The *form* or *shape* that these thoughts create on this Universal substance are the incidents which build, step by step, your destiny or career.

Now, obviously, if everything assumes a different pattern, something must be necessary to create that pattern. It is the CREATIVE COMMAND. Because this invisible protoplasm is so sensitive, and electrical in nature, it responds quickly and easily to Creative Commands that issue from your own brain.

Science now tells us that the brain gives off electricity; that this electrical discharge of thoughts radiates by nerve impulses to the various muscles of the body; that each muscular contraction, each thought, discharges electrical current which in turn passes out of the body onto the invisible ether waves. These are the same ether waves which carry electrical impulses of radio and television; the same ether waves which conduct cosmic rays from interplanetary space, and which bring the sun's rays, and the gravitational pull of the moon to our earth plane.

These ether waves are filled with vast seas of energy. They ebb and flow, just as the tides on the earth, depending on the ebb and flow of energy or power which issues from the brain.

Now, if it is true that this vast sea of energy pours itself into moulds or patterns of acorns, which create oak trees; peach seeds which create peach

trees, then it must be true that it will pour itself into whatever pattern or mould you create with your thoughts.

Your thoughts are the seeds which produce like quality and kind. No creative force can work without a specific command to set this sea of energy in invisible space to work. We are told in Genesis 1:2-3 the entire secret for setting the mental impulses free in this invisible sea of energy to create anything we want: "And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light."

Now the Spirit was Divine Mind, and the command was the creative force which moved upon the face of the waters, the protoplasmic substance in space; the light was the pure atomic force, electrical energy, which science now admits impels all life.

Later in this first chapter of Genesis, 12th verse, we are told: "And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit after his kind, whose seed was in itself, after his kind; and God saw that it was good."

You will note that the specific command had to be given by Divine Mind before the atomic substance produced the herb, the grass, and the fruit, *after his kind*. Here is a statement of our metaphysical law: "Like attracts like." And the scientific statement that like atoms attract like atoms in a mould or pattern.

If it is true that the original Cre-

ator had to produce the things He wanted through a pattern or mould, then it must follow that man, created in His image and likeness, must create in the same manner.

Now we come to Your Blue Print of Destiny. What is your blue print? Is it one of success and happiness? Is it one of confusion and discord? Is it a definite plan, or is it one of uncertainty and vacillation?

To create a building an architect must have the plan or blue print. If the plan is confused, erratic, and uncertain, the architect is confused and can only build according to the plan he has been given.

If you create a Blue Print of your Destiny for the Universal Intelligence, or Architect, to follow, and it is indefinite, vague, and imperfect, the Universal Architect can only build an imperfect Destiny. If, however, the blue print you create with your mind is perfect, then the final Destiny must be perfect also.

How do you create the Blue Print of Destiny? The picture or pattern must be created mentally first. As we have stated, like attracts like; therefore, if your mental patterns are of sickness, poverty, loneliness and misfortune, those are the things that the Universal Architect will build into your Destiny.

If your mental blue print or pattern is one of health, riches, peace and happiness, the invisible power expressing itself in the universe will build a destiny of like quality and character.

Forces which disturb this Blue Print

are: 1. Negative thinking. (Fear of failure, of sickness, old age.)

2. Confusion and discord. (If you keep changing the pattern every day, week or month. For example: you decide to be a stenographer today, but tomorrow decide to become an opera singer, then next month you change the mental pattern and decide to become an ice skater. This causes confusion in the brain waves which emanate to the outer world where your destiny is being built by Universal Intelligence.)

3. Fear. (This emotion inhibits the intelligence within yourself and the Universal Intelligence. It sends forth negative vibrations that form a pattern of morbidity and depression. Others sense this and shun you.)

4. Worry. (Confidence is essential in building your mental pattern. You can do your best only if your mind is clear of worry. You need not worry after giving Universal Mind your pattern, for It knows better than you how to build an oak, a rose, or a body out of Universal Substance.)

5. Ignorance. (Your mental pattern is either a beautiful one or an ugly one. Universal Substance can only create something as beautiful as your mind pictures. If you do not obtain education, culture, love of music, art, etc., the quality inherent in the pattern you build mentally is limited by your ignorance and will not reflect beauty.)

To create the right Blue Print of Destiny, you must follow a certain procedure. It must be a combination of mental and physical action. Following is the form that thousands have used

with success in materializing such things as money, right career, love, happiness, a home, and even mental and spiritual qualities.

1. Know what you want in life. (The main goal; the individual things you desire. Know this in detail.)

2. Visualize these things clearly and as often as you can think of them.

3. Write down these desires in your own handwriting in full detail.

4. Read over this "BLUE PRINT OF DESTINY" every night just before retiring.

5. After reading it over, go over every step in your consciousness. See yourself receiving the job, the money, the contract, the quality, that you have put down on the paper. Write down as many as you wish, for Universal Intelligence never runs out of substance!

6. Re-write the entire list once a week faithfully. The very act of writing these things down sets into motion the electrical impulses which create action in the objective world. Through this action the thing you desire may materialize.

7. Write down small things at first, that is, things you can easily materialize, so that you will grow in Faith and strength for later demonstrations on a bigger scale.

8. Observe absolute secrecy in this creative work. If you tell others they are apt to scoff and weaken your faith in this creative power.

The actual "Blue Print of Your Destiny" might look something like this:

MY BLUE PRINT OF DESTINY

1. I desire a job in creative work. I

am anxious to become an actor. I wish to act on the stage and radio, with later possibilities for the screen. Dramatic work is the channel through which I wish this talent to express itself.

2. I desire the sum of \$5,000 to meet my immediate needs. (It is better to start asking for smaller sums at first. If your mind cannot conceive the larger sum, then it is certain that until your consciousness grows, you cannot achieve it. This law works unerringly. If you desire ten million dollars, Universal Intelligence knows that you have not given value equal to that amount; that you may not even have learned how to care for the smaller sum of ten thousand dollars, so it will not expend the force necessary to create what you do not need. This does not mean that the Universal Intelligence *cannot* create that amount, for evidence in the world about you shows that billions of dollars' worth of goods are created for man to enjoy.)

3. I desire an automobile. (Name, description, color, etc.)

4. I desire a home of my own, to be six rooms, in the country (give description of home, rooms, architecture, etc.).

5. I desire a more dynamic personality so that I may be more popular and express the real qualities I possess within myself.

How does this mysterious force work to create actual events from a mere Blue Print? We need not question how Universal Intelligence works, for we do not yet know even the mystery of life and death. We *know* that it does work

however, and must have implicit faith in it.

We are told by Christ when He released this amazing power to the world: "The works that I do shall ye do also, and greater works than these shall ye do." John 14:12.

We are further told, "For by grace are ye saved through faith; and that

not of yourselves: It is the gift of God." Eph. 2:8. And further, "According to your faith, be it done unto you."

Have faith, believe, and release your message to Universal Intelligence, and it will be done according to how carefully you apply this knowledge, and in proportion to the Faith that you have in the Creative Power of God.



EASTER MORNING

EUGENIA FINN

Until today I never felt
The miracle of Spring;
Until beneath the orchard trees
I walked remembering
The opened seed, the secret stir
Of each ascending birth,
And all the deep fertility
Of silent pregnant earth.

Then suddenly a distant hill
Became a holy place
Where I might go in search of you,
And meet you face to face
In every bush, in every flower
Bursting into bloom,
Drawn by the same eternal sun
From its own tiny tomb.

So great the miracle, that I
Absorbed with every breath
The wonder of eternal life,—
The faith that conquers death.



Just What is Your Religion

FREDA APPEL

JUST WHAT IS YOUR RELIGION? How often have metaphysicians been confronted by that question? Well—our religion is NOT ceremonies, ceremonials, dietary laws, attending church services regularly every Sunday, beautiful and helpful as these generally are, nor is it a cult or ism. Neither is it, if I may be permitted to paraphrase an old Negro Spiritual, any one of the old time religions that is quite good enough, complete or rich enough for seekers of TRUTH (any of the Religious Philosophies). Our idea is to give us a better way of life and living, a being alive, awake and aware: a right thinking which will inevitably be followed by right action, good deeds, and a happy and abundant life. Yes—THAT—is our religion.

Speaking to Gorky, Tolstoy once said, "It is not what a man says, or thinks he says, but what a MAN IS, that speaks the truth: Your whole being tells me that you believe in God." That idea is ours exactly. We know that it is the whole living, the whole action, the whole being that speaks the TRUTH. Man's entire makeup including his health, his supply and his happiness, reveals that which he has actually thought and that in which he has believed. And so there can be no atheism, since every living person thinks every waking moment (the subconscious mind continuing even in sleep). Our lives may be said to be the mirrors of

what we have thought and are thinking, and each thought is a prayer. And—THAT is our religion.

Life is action and desire in action, and God is the Perfect Desire, the Perfect Law and Perfect Demonstration (the Universe). And while man is not God, he is God in the germ, as Brown-ing said. Thus the understanding of the great power of the Inner-Self (the God-Self), and the knowing that the government of our lives shall be upon God's shoulders, which Jesus expressed as, "It is not I but the Father who dwelleth within, he doeth the work"—THAT is our religion.

Emerson said, "There is but one MIND common to all individual men." That is the belief in the All-ness of God-Mind. Napoleon said, "There are only two powers in the world, the Spiritual and the sword. In the long run the sword will always be conquered by the Spirit." So even this master militarist believed that SPIRIT conquers all, which only proves that there is but one POWER, the law of cause and effect, or God as LAW. Einstein, the great scientist, says that law is and that there is but one law and only variations of that law. In fact, all great people of all time knew that there is but One Mind and One Law. But we metaphysicians go a step beyond this and claim there is also but one BODY. Every individual uses the one Mind, Spirit Mind. And were there more than

one law, the world would be antagonistic to itself, a world divided, and there would be chaos instead of a cosmos. The ONE BODY, the Body of God, is everything in the entire world: all men, all animals and all things. We, the human species, are the individualizations of God, made in His image and likeness. But also what we call material things such as a beanstalk, which is God as the beanstalk, and water which is God as the water; namely, each and everything in the universe, and the universe itself is the Body of God. Yes, the Lord is One God, and the realization of THAT—is our religion.

The University of Religious Conference has been founded on the following ideas. "Cooperation without compromise," and "We have learnt to agree to disagree agreeably." Hating no one for race, color, creed or nationality and being tolerant of others' beliefs in politics, religion and in every other field, that is right thinking; and only right thinking, and belief in the Universality of God, and the Brotherhood of man, can free us as individuals from hatred and egotism; and free the world from the recurrence of wars with their misery, devastation, and the distrust and hatred of each other. Complete chaos would have been brought about, were that possible, by such wrong thinkers as the leaders of nazidom. But God being all Goodness and Love, the world is fool-proof, and evil thinking has the seed of destruction within itself. It destroys the vicious thinkers themselves. Positive thinking alone will bring about the blissful state

of loving one's neighbor as one's self or living the Golden Rule, and loving the Lord with all thy heart and soul and mind. And—THAT is our religion.

Truly great people of all times have listened to their inner thoughts (the God within) and not to what other people said. They have thought in quiet and in freedom and the result was their individual self-expression of God. This Unity with God brings about action which results in a healthy mind in a healthy body, in plenty and in happiness. And with oneness of purpose we are true to ourselves, the highest achievement we can attain since our true self is God expressing in and through us, and so we cannot help being true to God and man. Shakespeare put that thought in these well-known lines:

And this above all: to thine own self
be true,

And it must follow, as the night the
day,

Thou canst not then be false to any
man.

And—THAT is our religion.

The Talmud says: "Pray not that sinners may perish but that the sin itself may disappear." This means that sinners should be forgiven since to sin is to miss the mark or make a mistake, and to forgive ourselves as well as others in order to erase error and avoid the consequence. Everyone knows that to have a friend one must be a friend, and so we must forgive to be forgiven. And—THAT is our religion.

The Religious Philosophy Idea is all the preceding and more, much more.

It is the belief in the foundation and principles of every true religion, these being all basically and fundamentally alike since they are TRUE. And though our religion is so profound, yet it is easy since the root lies in the knowledge that God is Omniscient, Omnipotent and Omnipresent. This means that since we are the children of God we are in His Spirit, His Mind and His Body, and we partake of God's quali-

ties in essence though not in quantity. Therefore, we may KNOW all we wish to know if we open our mind to listen to the Within with its vision, intuition and inspiration, and grasp all the wisdom we want. And we may DO all we can vision for all we can conceive we CAN do. And since God is everywhere present, then wherever we are, there also is God. And THAT is our religion. Yes—all this is OUR religion.



Prayer of Aspiration

R. LESTER MONDALE

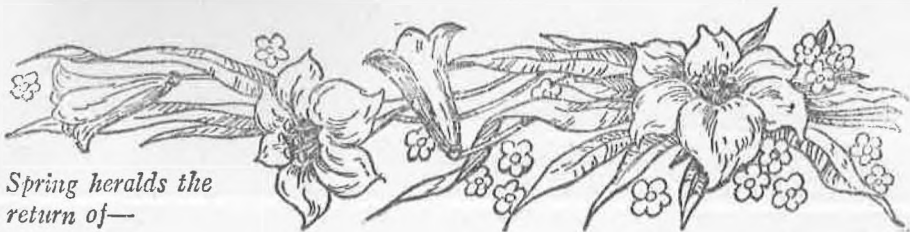
INTO our prayer of aspiration we would invite the thought of a god-like wisdom; and with this company we would climb the mount of vision to contemplate the idea of peace:

Accordingly, we would seek not the peace of the seaweed but that of the oak in the January storm, not the peace of the armchair but that of the great plane soaring upward into the skies.

We would have a peace that gives man as many opportunities to pour out his pent-up emotions in love as war has given him to pour them out in hate. We would have peace that gives him all the incentive to create that war gives him to destroy; that gives him as splendid goals to live for as war gives him to die for. We would have a peace that demands all the discipline, all the loyalty, all the comradeship, together with the strong and healthy physique, that are demanded by war. We would have a peace in which the headlines of the story of finding a means to save a thousand lives will be as arresting and engrossing as the present headlines that tell of the destruction of a thousand lives. We would have a peace in which the hero of reform, of the scientific laboratory, or of social service of any kind, will get the acclaim of the war-time hero of combat duty. We would have a peace—such as we have never seen before on earth—a peace in which all the resources of the nation are mobilized to make way for the “progress of souls.”

May ours be the vision, ours the strength, ours the courage and ours the compassion to devote ourselves to the creation of a peace that is at last worthy of man's skyborn and infinite nature.

Spring heralds the
return of—



EASTER---Festival of Victory

FLOWER A. NEWHOUSE

Reprinted by Permission from INSPIRATION MAGAZINE, Vista, Calif.
April 1944 issue.

THE Easter Festival again attunes us strongly to the Invisible Powers within God's Life. The mystic hours for inner worship at Christmas are at midnight. At Easter, the hour of sunrise is the one most charged. Christmas reminds us of the birth of Christ in every heart, whereas Easter gives us the realization of the Christ victory over every obstacle surrounding the lower consciousness.

At all the mystic festival occasions the Perfected Beings who love humanity and the Angels who administer to it are colorfully, musically, and gloriously near. Sensing and seeing Them causes us to feel, "What is man that Thou art mindful of him . . . or the son of man that Thou visitest him?" (Ps. 8:5).

Easter has a great meaning for us, individually. It indicates the recognition and acceptance of the Christ within ourselves. The Indwelling Christ has control over all things with which we are concerned. This Festival illustrates the Initiation of that Man who

decides to live from his highest consciousness, though it means the crucifixion of all unworthy tendencies and beliefs.

The Lord Jesus Christ was not speaking from the personal viewpoint when He declared: "He that hath seen me hath seen the Father . . . for I and the Father are One . . . and all that the Father hath is mine." Our Lord spoke for every living man who realizes that the Christ within himself and his Parent are One. This statement is true for the world and every living being upon it.

Each man will realize his resurrection when he lives from but one consciousness—from the Kingdom of God within himself. Heaven is not a distant sphere, *it is within us!* He who attains what Easter *means*, has risen above the personal, limited consciousness into a *realization* of Christ within *all* men, and Man, himself. Then he will know the meaning of the verse, "The Lord is in His Holy temple; let all the earth keep silence before Him."



God's Whisper

EDNA GREENE HINES

Reprinted from "Underneath the Bough"

Down in a valley or up on a hill
Or wheresoever I be—
In the sough of the pines or the dance of the rill,
God whispers to me.

Down on the shore where the waves' gentle lapping
Sends its music to me,
Roaring of breakers on mighty crags breaking
Is God's whisper to me.

Deep in the silence of midnight forests,
Listen! my soul, and hear;
He passes by with His garments trailing,
Hark! as His steps draw near.

In the hum of bee or incense of flowers,
In the song of the lark speaks He;
In the green of trees and lace of its branches,
His voice comes to me.

Out on a plain or up in a mountain,
My soul will ever be free;
And my being filled with mystic music
As God whispers to me.

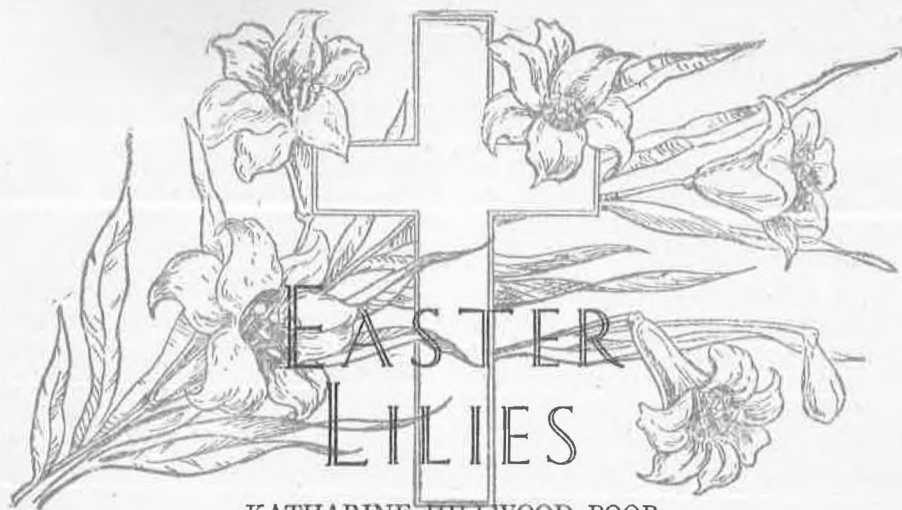
☆ ☆ ☆

RETURN TO YOUR OWN PATH

What then do men and women need? Certainly not that we should think for them, but rather that we should provoke them to think for themselves. Provide them with what they lack, to think more clearly (it is usually a very simple, very obvious thing), and they will do the rest, providing you are not there to argue with their miseries and self-pity, thus strengthening the very thing that uses this means to defy annihilation. Thereby you help them change their false "destinies" by returning to the path of their own.

JOSEPH SADONY . . . in "My Answers."

☆ ☆ ☆



KATHARINE HILLWOOD POOR

IT was Easter morn. Already the shadows of the night were dimming and dissolving before the advance of the first faint golden rays in the far east over the distant mountain peaks announcing and foreshowing the coming dawn. Upon a certain high hill or mountain a large concourse of people was assembled; many had reached the top of the hill where stood a large Cross of a beautiful golden color set in the center of a large open place which allowed a considerable number of the visitants to gather and to stand or sit as they elected to do. Others were to be seen climbing the hill on all sides and resting at intervals but always within sight of the Cross which cast its benison upon all alike.

To many of the climbers there seemed to be a difference of some kind between this morning and others, something of an entirely different nature in the atmosphere which could be sensed and even felt but somehow could not be put into words. At length a hush fell

over the multitude waiting on the hill-top; a hush of expectancy, a holy hush not understood wherein one looked at the other in a mute and startled questioning; a spontaneous hush that was quite unknown to such a gathering where but a moment before the harsh medley of many human voices pervaded the atmosphere.

Midway in the central group near the Cross could be seen a young woman whose beautiful face seemed to glow and shine with love and pity as she looked at the babe she held in her arms. With love, for the pure mother love welling up from her heart surrounded and held the babe as within a halo of light: with pity, for as one looked closely at the child it could be seen that its eyes were closed. Not closed in sleep for in the mother's expression of compassion could be seen the truth; the eyes were sightless, her babe was blind. This little group drew much attention from those in the vicinity near enough to see them, and

comments could be heard as the condition of the babe became known. The young mother held him closely to her heart and whenever someone spoke to her, she seemed to shrink back as if in fear that the babe should be touched. She appeared to be alone without relative or companion in the vast assemblage, yet a certain restrained eagerness in her expression seemed to denote expectation of some kind and she occasionally searched with her eyes the groups of people about, but only for a moment her gaze always returning almost immediately to the babe as he lay quietly in her arms, even at times appearing to smile whereupon his mother would hold him even more tenderly, and the look bent upon him held the mother love of all the ages in one concentrated gaze.

"My babe, my little one," she whispered, "if only I could give you sight; that to you I could give my power of seeing; that I could behold your beautiful eyes with the light of *seeing* in them." And the babe smiled at his mother's whisper of love.

As the moments passed, the silence grew deeper and more poignant, something seemed almost to hold the very breath of the multitude in suspension, every soul appeared unaware of anything save the imminence of the great Orb of Light which shortly now came into fuller view and bathed the surrounding hills in glorious light and warmth. Every eye was fixed upon the sunrise; the expectation evident in all the onlookers was indeed difficult to explain.

And now behold a wonder, a wonder

of wonders: A Voice was heard, speaking as from the heavens in tones resonant and strong, yet thrillingly sweet and tender. All eyes were upraised in awe to the sky above as if the source of the Voice could there be perceived:

"Children of the sun and earth! Children of my soul! Behold your Lord! For this day comes the Son, beloved of the Cosmic Hosts to raise you from the grave in which you have buried deep your highest selves; to rend your cerements, unloose your binding cords, to raise you—if you will—unto Himself, and to baptize you in His Holy Fire which shall be to you as everlasting life."

The glorious Voice ceased and to the wondering, listening hosts, held as in a spell, it seemed as if the heavens rent asunder and in the breach so made appeared a shining form of light, a superhuman form of noblest size and wonderful proportions which seemed to emit golden electric sparks or showers which enveloped all in glimmering iridescent rays. The bright hair gleamed as burnished gold, and the eyes—the marvelous piercing eyes—seemed a burning blue flame which included and touched each separate human being waiting there upon the hill, in its all comprehensive gaze of Divine Love and understanding.

Strangely enough all the thousands there gathered did not cognize this great splendor in the same way nor in the same degree. All appeared to see Light, an unexplainable light hitherto unknown, but not all saw the radiant form, not all heard the wondrous Voice, yet all sensed that some great marvel

was occurring and made an effort to understand. And many turned away in disappointment that they could neither see nor hear what was apparently wonderful and clear to one who was perhaps their nearest neighbor. One there was in the assemblage who saw and heard and indeed felt to a degree of intensity known to few. When the light first appeared the young mother lifted her babe on high as far as she could reach as if she were holding him into the light itself, and stood there motionless with her eyes upturned in adoration.

The wondrous, radiant figure seemed to enlarge, expand before their eyes and in some strange manner appeared to pour forth from Its substance, rays or flames which formed a wide pathway to the sun now fully risen and spreading forth its beams over the stilled and waiting earth. Back and forth upon this rainbow bridge passed bright and shining forms and the music of their chants brought to the hushed gathering upon the hilltop, the divine harmonies of celestial hosts, toning the hymns and paeans of the true Resurrection Morn. Sounded forth again a Voice of entrhralling sweetness:

"In the clouds of heaven, in power and great glory, in the fire of the heart, Lord of the earth and air, I come to claim mine own."

Then were the beautiful hands upraised on high and from them fell to earth in showers upon those waiting ones, beauteous lilies of indescribable beauty and purity whose fragrance filled the entire atmosphere: their creamy golden petals shining with ex-

quisite lustre. And each soul there who saw this marvel sought to catch the glorious flowers as they fell. All became absorbed in this task and seemed not to see the wondrous Form above as it slowly receded softly cadencing the words: "The Lilies of my heart, the Lilies of my heart," until it finally disappeared from view, leaving behind an atmosphere permeated with a soft and gentle air and fragrance.

Amid those upon the hilltop seeking to catch and hold the beauteous lilies strange things happened; some there were who captured a flower and hid it in their bosom as most precious treasure; some caught a flower but could not hold it, it seemed to burn their fingers and they perforce let it drop when it dissolved; some held the lily for a few moments when its lustre faded and it became limp and discolored and they dropped it as worthless; many failed to grasp a flower at all and impatiently turned away; a very few caught a lily in each hand and these invariably tried to give their second flower to one who had none; others whose vision was not true saw not the shower of lilies and were much astonished at the actions of the others.

At this juncture the church dignitary whose duty it was to conduct the Easter Service bethought him that his office was being neglected and sought to call together his audience. It failed to respond and confusion arose; some went away at once, some remained, some withdrew from the immediate vicinity of the Cross, others sought to come nearer, so a considerable changing and moving about took place, and

again some curious things happened. The Bishop who was to give the invocation arose and attempted to speak. He brought forth the words, "And a little child shall lead them," and greatly to his surprise and that of his hearers he found that not another word could he utter. The soprano singer arose to sing her Easter song and it was seen that she clasped a lily to her breast. Instead of the song she was engaged to sing, she began in a quite different way and improvised upon the words, "The Son of Righteousness arises, with healing in His wings," and sung as indeed she had never sung before and probably never would again. Her hearers were enthralled and utter stillness followed for a long moment when she ceased; then a great paean of praise resounded. The main speaker of the service declined to give his sermon and left the place hurriedly and alone.

The little group now surrounding the young mother Ruth and her babe were blest for they had witnessed what was to them in truth a "miracle." Ruth had remained holding her babe as high as her arms could reach as if she were impelled to do so, as if she hoped to surround him with the Great Light just appearing. When the shower of lilies fell from the hands of the Great One, Ruth had murmured once, "Master, Master." Several lilies had fallen upon her but she caught none. Two lilies fell upon the face of the babe as she held him up in her arms, and strangely remained there. Seeing this, Ruth could no longer hold him on high and as she lowered him she sat upon the ground

and held him in her arms. Then as the lilies still remained upon his face, she gently touched one and it fell readily into her hand, then the other. Now trembling, she gazed closely and deeply into her child's face. Behold, the eyes were open and looking at her fully. Eyes of deep and beautiful blue showed forth the light of love and intelligence and the child smiled sweetly upon his awe-struck mother. At length when full realization came to her of what had happened, she stood up and looked out into the group around her who were standing in silent awe and reverence, and spoke gently:

"I see my husband Mark coming, he is late for he could not get here earlier. Will you make way for him?"

Then pushing his way through the people could be seen a tall young man who went straight to Ruth. As he reached her she lifted the babe into his arms saying, "Behold your son!"

"Ruth, is it true? his eyes, can they open, can they—see?"

"Yes, Mark, his eyes are open. The Master opened them out of His divine love and pity; touched them with His divine flower. He can see. Our child which was blind, can now see. Mark, do you now believe?"

Mark fell upon his knees before her, tears falling from his eyes, holding up the smiling babe, and said:

"Ruth, I believe, and never again will I doubt Divine Love and Divine Being."

By this time the awe and wonder of what had occurred was wearing away and the mingled voices rose again upon the air in the clamor and dissonance of

various questions and comments, and many speculations upon what had passed. Some speedily forgot and others retained but a confused memory. Those who had neither seen nor heard departed hastily and with little comment to their companions. Some scouted the entire occurrence, called it illusion, hypnotism; some sought to explain it from a scientific basis or in other ways; but a few there were who held their precious Lily fast clasped to their hearts pulsing in true response to and recognition of the Great Coming they had witnessed and knew it would remain in their lives, for all time to come, a wondrous rising from the tomb of matter.

For these few their lives were changed for aye; the soul new awakened from its age-long slumber stirred to its depths and quickened under the stimulus of the beauty and fragrance of the Christic Lily which in their possession neither wilted nor faded, stood forth ennobled on this wondrous Easter morn by the resurrection and baptism in Sonlight, with a new understanding

of life and the fulfilment of the promise of a great Coming so long foretold and at last consummated to those few who could see and truly vision His great glory, to those who had kept their lamps alight and knew their Lord in His holy majesty.

And so it must ever be: each Easter morn brings forth fulfilment of a promise made to humankind for those who can receive the Light; who are prepared and ready for His appearing. And as the Christic heart wave spreads its resistless force and effulgence over all the earth, there shall ever be the few to see, to hear, to know, and to receive and forever cherish the priceless Lily of the heart, the substance and great gift of the Eternal Christ.

Then must follow the day when the few shall merge into the many and the many merge into the all: when *all* must see and hear and know and receive the Christic Self: that thrice glorious Easter Morn when each soul shall speak as ONE voice of true enlightenment, I AM THE RESURRECTION AND THE LIFE!



*Know ye not that
Ye Are The Temple of God
and that the spirit of God dwelleth in you?*

1 CORINTHIANS 3:16



"But I was Free Born!"

MARY SUTLOW

DO WE AMERICANS sense the full significance of our citizenship? Or do we take Americanism with the same indifference we do the church or political affiliation into which we were born? Are we so sincerely grateful that our conduct reflects credit on America, or do we simply take for granted this inheritance which we did nothing whatsoever to merit?

It is good to be internationally minded, but if our internationalism is to be most useful we need first to appreciate our nationalism and live up to America's highest principles.

Note the vibrant thrill of the recently naturalized citizen, emotion almost choking him, as he proudly asserts, "Now, I'm an American!" See the sparkling eyes of the European girl who has just passed her tests and hear her triumphantly declare her allegiance!—Aren't they placing a higher estimate than we do on their Americanism?

The captain in charge of St. Paul's case in Jerusalem, learning of the prisoner's Roman citizenship, and appreciating its importance, exclaimed, "With a great price obtained I this freedom!"

Exultantly the apostle replied, "*But I was free born!*"

Like Paul, *we are free born*. Do we adequately appreciate it? Are we the enthusiastic, patriotic, dependable, self-controlled, democratic, loyal American citizens we should be? Are we worthy

examples for these happy and appreciative newly naturalized men and women we so nonchalantly accept—and so quickly forget? Surely they have a right to expect exemplary conduct on our part. Do we measure up? Are we truly worthy of them when we consider the "great price" some of them have paid?

We can answer that question, not by American boastfulness, loud-voiced oratory and extravagant spending, but by high courage in everyday life, tolerance in matters of race and creed and by restricted spending. Then let us add conscientious observance of the spirit, not merely the letter, of all Governmental regulations and the cheerful buying of every war bond for which we can possibly spare the money. In these practical ways we can prove that freedom into which we were born.

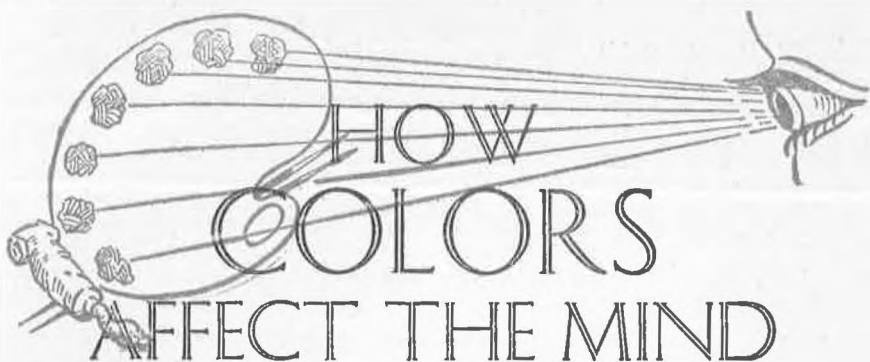
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The Desert

PETER WOLFE

Reprinted by permission from
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From the clamor and noise I depart
Into the moonlit silence of the soul.
Suddenly all is peace—
The little fevers of ambition forgotten.
This silent shore in myself;
It seems a desert,
And yet I know
That the greater part of me
Has never left the silences,
And is here awaiting forever
In peace.



HOW COLORS AFFECT THE MIND

EDWARD PODOLSKY, M.D.

SOME years ago a photographic plate-maker, M. M. Lumiere, of Lyons noted that workers in dark rooms lit by red lights were irritable and bad-tempered. When the same men were removed to green and blue-lit rooms their moods changed instantly. They became more cheerful.

There is now no doubt that colors exert a most profound influence on the mind, and there are many interesting case histories which demonstrate how colors helped pave the way to mental health. There was, for instance, the case of the soldier who had sustained severe shell shock in Flanders. His nervous system became so seriously affected that the sudden closing of a door and an unexpected voice caused nervous prostration. Gradually his mental health also began to fail, and in time he was seized with black fits of depression. It then occurred to the doctors who were treating him that color treatment might prove of benefit.

The soldier was admitted to a hospital and placed in a color room, the governing idea of which was sunlight. The room suggested the open fields,

and the color was that of spring. The ceiling was blue, the upper portion of the walls was yellow, and the lower portion light green. The floor covering was of green felt toning with the colors of the walls. The window hangings were of deep yellow, and the artificial light was diffused by means of orange electric bulbs placed around the walls behind a cornice. The patient lived in this room for several days, supplied with light literature and appetizing food. Within a month he had so visibly improved that all signs of nervous irritability had gone.

An almost similar case was that of a young officer who, as a result of the horrors he had passed through, sustained a rather severe shock to his nervous system which assumed the form of acute insomnia. The color scheme of the private ward used in this case was carried out in mauves, blues and greens, all of which have a sedative action. The patient entered the ward in the morning and spent the whole day there under the influence of the color scheme. That night he had his first unbroken and refreshing sleep

since the advent of his nervous ailment.

Colors are not only calming in their effect on the mind; they are also distinctly energizing. Red, for instance, is a most stimulating color. Scarlet rooms for lazy boys have been tried with success. There is the case of a young woman who was subjected to very severe periods of melancholia. When this patient felt a fit of depression coming on, she went into the red room and turned on the lights which came from red colored bulbs. The melancholia was effectively dispersed. She then passed into a room the color scheme of which was carried out in yellow and gold, a combination producing a mild stimulation. This brought her back to her normal state of mind.

Many physicians who specialize in the treatment of mental ailments have been particularly interested in the effects of colors on the mind. They have experimented with various color combinations and have brought many interesting facts to light. Dr. Zeller was among the first, some twenty-five years ago, to use colors in the treatment of mental and nervous disorders. He cites the case of two hospitals in Switzerland where eight verandahs were provided, three enclosed with ruby glass, three with violet, one with opal and one with amber, each type of solarium being designed for the treatment of a specific type of mental disease. The results were remarkably good.

In a red pavilion, having red walls, red carpets and red lights a number of melancholic women were placed, and in a comparatively short time their de-

pression was overcome and they became brighter and more contented.

Dr. Porras is another physician who has been using colors with interesting results in the treatment of mental disorders. A man who refused all nourishment and who was considered to be in danger of his life was placed in a red room for twenty-four hours, after which on his own accord he asked for breakfast. A maniacal patient was placed in a blue room and after only one hour showed a marked change for the better.

Colors have a very real effect on the mind. They act very much in the same way as drugs. They may be stimulating or calming. Thus an insane asylum in Illinois uses red to stimulate cases of melancholia. Blue has definitely good results on neurotics. Those whose nerves have been shattered will often find comfort in a room decorated with gaudy checks and stripes of color. These act as a veritable tonic.

Color is coming to play more and more of an important part in the decorative schemes of hospitals devoted to the treatment of mental diseases. Dr. W. R. Dunton, Jr. of Harlem Lodge, Catonville, Indiana, has found that mentally depressed patients require greater stimulation from color than do normal persons.

Dr. S. E. Katz, of the New York State Psychiatric Institute and Hospital, has made a study of the color preferences of the insane. In every group of insane patients blue was found to be the most pleasing color. Green was a distant second. Red was a close third, with violet, yellow and

orange, fourth, fifth and sixth, in order. Green was more favored by inmates who were in for a short duration. Orange and yellow were the least liked by this group and best liked by those who had been in the hospital for three years or more.

Green was better liked by males and red by females. Red, orange and yellow were more pleasing to manic-depressives (circular insanity) than to others, and green was most pleasing to those suffering from dementia precox (split personality insanity).

It is well for directors of mental hospitals to take the color preferences of the insane into consideration when decorating their living and sleeping quarters. Colors will play just as important a part in their recovery as will drugs, food and rest.

In choosing the color scheme for those of unsound mind another fact should be taken into consideration. The constant visualization of blankness, no matter what the blankness may be, is disconcerting to the sick mind. Accordingly, while the walls and furnishings of the room may be predominantly of one color this color should be relieved by the introduction of other hues, as in dadoes, friezes and other embellishments that are analogous rather than complementary.

Thus, green may be modified by touches of yellow or blue. Soft yellow, by pale green, pale blue, by pale violet; red by orange or violet; violet by red or blue.

Bright, pure colors should be used sparingly and judiciously, care being taken not to throw the general impres-

sion of the room (stimulation or sedation) off balance. Surfaces should be dull rather than shiny, and monotony should be avoided by using different color schemes in the various rooms, or by the device of using a ground color and harmonizing top color, the latter being partially removed when wet by a sponge mottling or by crumpled roll finishing.

Even in milder cases of mental and nervous upset, colors may be used to great advantage. In cases of neurasthenia, yellows, blues and greens are of value. A blue ceiling has often been used with such excellent results in cases of neurasthenia that no other measures were necessary. This gives the patient a sense of space, and combined with the sunlight yellow of the walls dissipates the feeling of oppressive confinement.

A combination of blue and violet has been found beneficial for overactive nerves, especially in insomnia. Sleep is often induced by the judicious use of these soothing colors. Headaches and insomnia are best dealt with by blues, violets and mauves.

Firmament blue is magnetic and astringent. It is also soothing in cases of overwrought nerves. Blue also helps to concentrate. Sunlight yellow is a mental stimulant. Sunlight primrose is less brilliant than sunlight yellow, and may be used in conjunction with the yellow for stimulating effects.

Spring green is a combination of purest blue and yellow, and is a fine mental sedative. Anemone mauve is a mental sedative and it has been used in conjunction with firmament blue in

cases of insomnia and nervous headache.

Cardinal red is of value in extreme cases of mental depression. It has definite stimulating properties, not only on the mind, but on other functions of the body. It has been used in the rooms of indolent children and by athletes about to run a race with excellent results. Rose color is a mental recuperative. Yellow will stimulate without exciting, and in conjunction with violet is beneficial in cases of depression, one color being the complement of the other.

Black is a color not necessarily depressing; it is quite useful for toning strong colors. It should therefore always be used in combinations. Alone it is not quite cheering. White is a cheering color which attracts sunlight, but, if used alone, is cold. Combined with red, yellow or orange, it is stimulating.

Brown is restful and warming in quality, but if used alone tends to have a depressing effect. It is very useful in combination with orange, yellow or gold, when it suggests sunlight and counteracts melancholia.

Purple and mauve are sedative, soothing and productive of sleep. They concentrate and are very useful in cases of mental instability. Gold is a bright, cheerful color, useful in convalescence, while gray depresses and suggests cold.

Blue is a color possessing cooling, sedative properties which, to some people, are depressing. If it is used in too great quantities it is capable of producing melancholia, therefore it is useful in reducing cases of excessive mental excitability.

Green possesses cooling properties, which is useful in nervous diseases as it subdues excitability. It acts as an opiate and counteracts the brightness of the sun. It excites the eye less than any other color, even black, and induces repose.

Red is a stimulating color of high standard, which excites and increases the working power of the brain. Too much can disturb the mental balance of delicately poised minds. It disperses melancholia most effectively.

When discussing the effects of colors on the mind another factor must also be taken into consideration. In the minds of certain peoples and races colors suggest definite qualities and characteristics. Colors are symbols and are used in the process of symbolic thinking. From earliest times man has thought of colors as symbols and has associated them with emotions and thoughts. Thus, red may stand for action and courage, but it may also stand for anarchy and carnage. For this reason it may evoke desirable reactions in some, but in others, red may suggest blood and destruction and have an adverse effect.

Pure yellow suggests cheerfulness, glory, prosperity and sunlight and in those who have this symbolic evaluation of yellow this color acts as a means of bolstering up the emotions. Yellow also suggests shoddiness, disease (jaundice, anemia, etc.) and cowardice. In people who have this subconscious evaluation of yellow, this color brings distress and discouragement.

Purple may be the color of royalty,

magnificence and heroism. In these instances it is an ennobling tint capable of exerting a very desirable effect. Purple to some people suggests passion, mystery and suffering and to these people is freighted with undesirable reactions.

Another interesting fact which must be taken into consideration when thinking of colors as a factor in the chemistry of the emotions is that certain persons are more deeply affected by colors than others. Artists, writers and poets are ordinarily more affected by colors than those whose emotions do not enter very strongly in their daily lives.

Blue always evoked the most pleasant reactions in Lafcadio Hearn, the writer. Says he: "In my own case the sight of vivid blue has always been accompanied by an emotion of vague delight—more or less strong according to the luminous intensity of the color.

It was when I beheld it for the first time the grandest vision of blue in the world—the blue of the Gulf Stream; a magical splendor that made me doubt my senses—a flavoring azure that looked as if a million summer skies had been condensed into pure fluid blue for the making of it." Blue was Hearn's favorite color, and it always perked his spirits up. It lifted him up emotionally more than any other color.

On the other hand, red was the favorite color of Louisa Fletcher, the poet. For her, red "was the color of Harlequin, the pulse of all things. A deal of red and you have carnival, a little and the heart must skip a beat." Red was just as emotionally uplifting to Miss Fletcher as blue was to Hearn. This brings up another interesting point in the sexual preferences of colors. Blue is and has always been the favorite color of men, while red has always had the most attraction for women.



We need not blame God for placing us to suffer. Our own weight of character places us in our chosen rank. God gave us a gold nugget weighted to reach a secure foundation, but what have we added to it to prevent its settling into security? What, but that very thing that tempted us onward to that destruction for which we blamed God. We often condemn Him because of Nature's pitiless, cruel, death-dealing power. But we forget that God created a law to be obeyed. Therefore He has nothing more to do with that "cruel" Nature that destroys life, for at the same time He has already given us a part of Himself, so that if we will, we shall know that law, making this terrible, cruel power our servant and protector instead of our master and executioner. Then why do we cry in doubt and despair, condemning God for giving us His power of destruction and creation, when it is ourselves, by our ignorance, allowing the pitiless Nature and its law to bring us to our senses! Who therefore is the fool that wears a spiritual crown of intelligence and grumbles because of its weight?

JOSEPH SADONY . . . in "My Answers."

How To Find Yourself

REV. K. V. MARION

FIRST OF ALL there must be a sincere desire to find and know your **REAL SELF**. The method is to be alone and in as quiet a place as you can find, and then to be as peaceful and calm as possible, shutting out all thoughts of the outer world and centering your attention within, becoming conscious of the sensation of life within you. This sensation of life is your spiritual identity.

After you have made this connection or discovery learn to direct your thought to this Real Self and it will grow and thrive and govern all the activities of your life as you learn to "Let it." You may have to try many times before you actually make the conscious contact. It takes mental discipline and this is why there are so few who really "Find God." Strait is the gate, and narrow is the way which leadeth unto life, and few there be that find it.

When your thoughts wander just bring them right back by saying "I live, move, and have my being in God, and He is leading, guiding, and directing me NOW." You will feel power welling up within you as you learn to quietly wait upon your own indwelling Lord. In this act you arise and go unto your Father. You are tired of eating the husks of materiality. You go to your Father's house, which is your Real home, and your Father graciously receives you. You become conscious of your Spiritual Self and learn to abide there, where all is peace and quiet.

After you once find this secret place

you will have no trouble abiding there because you will experience the "Peace of God that passeth all understanding." Try to realize that **YOUR THOUGHTS CANNOT THINK AGAINST YOU** unless you direct them to do so. When you once realize this fact, you will see that you yourself have been your only enemy. When you think about God you are thinking about the Allness of Universal power and this **RIGHT** thinking brings about harmony in your life and affairs because you have come into right adjustment with God from whom all blessings flow.

The one thing that seems hardest of all is the keeping of our mind on God. Fear causes us to want to continually think about our so-called problems and by so doing the same condition is externalized in our life again and again. Your real work is to learn to think about God and not of problems or the material world. When you are thinking about God your mind is stayed on Him, and every moment that you think about God He is reconstructing your life and affairs for you.

Try to realize that when you think about God you are uniting with all-power, the only power, and the unfavorable conditions will pass away from lack of nourishment because *they live only by the thought you give them*. When you stop thinking about them they are dissolved into their native nothingness. "Seek, and ye shall find, Knock, and it shall be opened unto you." In this act of self-surrender you receive Eternal life and then you know that you have found your Real Self.

THE POWER OF THE ★ ★ ★

★ ★ ★ MIGHTY PSALMS

MAGUS EUSTACE
Pastor of the Invisible Church of the Air

WHEN YOU open your Bible to the Book of Psalms, you are turning the key to the Treasure House that Wise Men, Magi, Seers and Initiates have used for over thirty centuries. You are coming in contact with the divine vibrations that have brought peace, victory, plenty and security to millions of people on this earth. Those who have understood the power of these vibrations and have soared with them to heavenly heights have received their Illumination. But no one has failed to profit. According to the insight and the sincerity which you give to this search, will the Treasure, the power within the Psalms, be given you to use as your own.

Even if you read superficially, or perhaps only as a connoisseur of literature, you will be struck, possibly awed, by the powerful simplicity, beauty and ardor of the Psalms. But with deep and sincere study, by yourself or according to specific Rituals, their tremendous power comes to light and becomes yours to use. They are stripped of artifice, for they are the loud cries of a full heart speaking directly to God; crying, sometimes desperately for help, acknowledging positively and definitely that the help is there—and then detailing in joyous cries of thanksgiving the manner in which the help has

come and freely offering up to God, like incense, generous thanks for the help generously given.

Here truly you find the spontaneous blending, or union of God and man, and the solving of all problems by lifting them into the higher, the Divine vibrations, where God rules, not man. Here, too, throughout, is the perfume of utter humility. The wise men *were* Wise Men because they had learned that God could solve their problems with a swiftness and ingenuity utterly beyond anything human minds could devise. They had learned that "Man's wisdom is as the foolishness of babes, compared to God's wisdom." Consequently, they had learned not to bother with this "foolishness" but to turn directly to God—and the Psalms are the record of their full-hearted cries and the splendid victories following.

Almost every teacher and disciple of Metaphysics tries at some time to create effective "affirmations." These may or may not work. Often it is coincidence if they do. But the Affirmations or *Power Words* concealed within the Psalms as part of an age-old esoteric knowledge, *do work* because their utterance releases the exact vibrations needed to correct the given problems for which they are designed. So waste no time trying to make affirmations;

go to these proven ones, the magnetism and power of which have only increased through the centuries as they have been used by wise men beloved of God. It was through "speaking the *Word*" (the *Power Words* concealed within the Psalms, as needed) that Jesus Christ worked many of His miracles. Initiates have shared this understanding of the power of the Psalms for over three thousand years.

Each man can *re-create his own life*. He won't fail unless his sincerity fails; for within the Book of Psalms is the key to the solution of his problems, no matter what it may be. But you must be willing, nay, *desirous*, of being raised to the higher planes of vibration where you are in perfect union with God, the great Creative Force (the One Principle) as you speak these words of Creative Power.

As soon as you understand and use this Law of Vibrations, you step into a new world of unlimited horizons. In this new world, your present conglomeration of worldly headaches and heartaches fade out—and when this happens, you are free!

At this point I would like to help you understand this Law of Vibrations. Science has finally recognized that everything in life, whether a concrete object or an intangible quality, operates at its own rate of vibration. Having discovered this ancient and cosmic Law, modern scientists, of whom Edison, of course, is an outstanding example, have used this Law of Vibration to give us the electric light, then the phonograph, then moving pictures, talking pictures, radio and tele-

vision. All these developed as scientists' understanding of this law expanded.

But their harnessing of the intangible to produce results in the tangible is kindergarten stuff compared to the way the Initiates, from the ancient times before Moses to the present, have used this power to produce "magic" results. As an example, certainly it is more marvelous to see things happening at a distance with no equipment at all, than to see things through a television set; and it's more marvelous to see things clearly and distinctly before they happen, than to see them while they are happening, through an instrument. But this clairvoyance, "wonderful" as it is, isn't one of the things we are going to dwell on, because it is only one of the by-products of an understanding of the Law of Vibration.

If I show you my radio set and say "What do you want to hear? music? or the news? or a play? 'Music'? well, let's see . . . there's a skit on this number, for the news you turn to this other wave-length, and just tune in here and you'll get the music you want," you'd understand this perfectly, wouldn't you? Now what I ask is only a slight extension of your understanding:

Disease, illness, hate, jealousy, money troubles, each having their own rate of vibration, happen to be, along with all other worldly difficulties, at a very low vibratory rate. If these things threaten you and you refuse to recognize them, you do not tune in on them and they have no more power over you than the radio program you haven't heard. *But* if you brood over them and

let your mind dwell on them you are tuned in with them, you, too, are operating on a low rate of vibration, and since you get what you tune in to, you get more of the same: Disease, illness, hate, jealousy, money troubles.

The good things of life, health, beauty in nature, literature and art, harmony, prosperity—operate as you might expect, on a higher rate of vibration. Therefore, there is a germ of truth in the trite advice to "rise above a situation." You can literally raise your consciousness into a higher rate of vibration, above the trouble wavelengths, to where only Good can touch you!

So it becomes obvious that if you want to get over your difficulties, you must learn to raise your personal rate of vibration and so, automatically and naturally, leave them all behind you. We can solve our problems according to the rate to which we raise our Vibrations and even the marvelous state of Illumination where all things are made plain, or "Cosmic Consciousness" as experienced by some, is merely the ascent—sometimes slow and laborious, often swift, when impelled by ardent desire—into exceedingly fine Vibrations. The Divine Light, the bathing in which is Illumination, is always there, here, in you, outside you and interpenetrating you, but it operates at an incredibly fine rate of vibration and only those who ascend to these vibrations can achieve it. In that light there is only Divine Love in which one could drown as in the sea, infinite wisdom and understanding of heaven and earth and all the "many mansions," and the

completely ineffable joy of the soul which has come home. No evil thing can touch this soul. Evil operates "at the other end of the dial."

Incidentally the habit of praising God sets going the Vibrations of increase. You notice how constantly the phrase "Praise ye the Lord" is set forth in the Psalms. When you praise anything, it grows, as we all do, under approbation. The backward child blooms when he is praised, your flowers flourish when you "praise" them. If you are appreciative of someone's gift to you, they are impelled to give you more. Realize that what is true in the obvious is also true in the subtle and think this law through and then, for whatever you have, Praise ye the Lord, the source of all things, who has dealt so bounteously with you.

Most speakers on Metaphysics tell you of the wonderful things that happen in the way of success, the "dissolving" of difficulties without any effort on your part, and the good fortune that comes when you get up to a certain level; but many, many times I have heard their listeners ask "How? How? How can I raise myself to this wonderful level?" without getting an adequate response.

It is my ardent wish that the answer I am about to give you will be so clear that you will use the simple method outlined and have the eternal joy of proving to yourself that you can accomplish exactly what I have said—and more.

In a general way, the pursuit of anything spiritual or beautiful and true will help you to refine and raise your

personal vibrations; but the results of this may not be of startling grandeur, as long as worldly things are still involved. But by leaving all matters that pertain to the world behind, for a little while each day, you can raise your rate of vibration to the point where a sense of utter and complete security, divine guidance, ample prosperity and the regular occurrence of "miracles" becomes part and parcel of your daily living. However to do this, you must penetrate to the Inner Mysteries. These Inner Mysteries are in all the Sacred Scriptures of the world, but they are often veiled, deliberately concealed, because they are esoteric teachings, hidden to all but the few who have proven their sincerity, humility and adoration of the Good. (The disasters let loose in the world would be incalculable if these powers were put into profane hands operating only for selfish motives!) You will get tremendous lift and inspiration, according to your degree of spiritual insight, simply by poring over your Bible; but the Holy of Holies for those who would soar away from their worldly difficulties is in the Psalms, which are pregnant with power: For they were scientifically composed by the Initiate David to provide for those who can understand, *specific rates of vibration to remedy specific conditions.*

Yes, there are definite Psalms which can be prescribed, as a physician can prescribe a "specific" for influenza, to remedy every known human condition; among them, such things as trouble between husband and wife, poverty and debt, ill-health and fear. Each of these

Psalms contains, for those who know, one form of THE HOLY NAME OF THE DEITY which is set at the rate of vibration necessary to overcome the condition that Psalm is designed to remedy. By repeating this name vocally, if possible, but even mentally, the vibrations are engendered which can overcome that difficulty. In addition, within these Psalms are concealed POWER WORDS which act as a sword and a buckler for swift protection against the given condition. And again, so scientifically were these Psalms designed by the Ancient Seer, that through meditating on and delving into the particular Psalm which has been designed to overcome your difficulty—it will dissolve. And without any effort on your part to overcome it. Your entire effort—and I don't pretend it's too easy—will be on raising your vibratory rate to the point where the trouble cannot continue to exist in your life, because you no longer have anything in common with it—nothing that draws it to you. This method of using the Psalms (i. e., a specific Psalm for a specific condition) has been used with wonderful results for those who know how, through all these centuries. Thus, even to the uninitiate, the Psalms have within them the tremendous magnetic power for healing, soothing and uplifting which they have accumulated through the ages.

In another country, there is a certain magnetized rock which for many centuries has been touched or kissed by countless pilgrims who have journeyed far to reach it, believing that if they could only touch it, they would be healed; and countless faith cures have

been experienced by those who are sensitive to its magnetism. Such "Rocks" are the Psalms, even without the guidance of a teacher.

Space here doesn't permit the enumeration of the various conditions, each calling for its several specific Psalms, each Psalm embodying, as it does, its own HOLY NAME and POWER WORDS; and perhaps this is just as well, for their power would not be increased by having the merely curious skim them lightly looking for "miracles." From such their power should be hidden, because the superficial usually have selfish motives: of revenge, or merely getting enough money to swank it over the neighbors, or even the envy and jealousy that would make them seek another's job!

Meantime, the mere *desire* for things

which are better, finer, higher, will immediately help to raise your vibrations to the level where these things are. As you progress further in your studies and meditations, you will soar high, and higher, on the twin wings of thought and feeling. But you must shed your ballast as you go; those dead weights of lust, anger, selfishness, which hold you down to the lower plane. As you soar higher and higher into the finer vibrations toward the union with the Divine, "all things are made plain"; you will develop the eyes that see and the ears that hear, and through an understanding of this Cosmic Law of Vibration, "greater things than these shall you do, also." Ponder these words carefully and they will give you an inkling of the Eternal Power of the Mighty Psalms.



A Boy and A Bird

JAMES RUSSELL LOWELL MORRELL

I WAS only a small boy and thoughtless—never stopping to think of the value of the life I took or to consider that the little bird might enjoy life quite as much as I myself. And did not the little bird have just as much right to live as I did? I never thought of the suffering and the agony of death that I inflicted. It was sufficient to me that I wanted a dead bird corpse to stuff for our club house, for I had a delusion that I knew something of taxidermy.

So the little bird had to swallow the poison and pass through death that my selfish whim might be satisfied. And then I discovered that my supposed knowledge of taxidermy was insufficient, after all, for me properly to preserve the little body, and it was wasted. How often in the years that have passed have I thought of those pleading little eyes, beseeching for mercy, when the deadly draught was forced between the little bills, but I was ignorant and there was no mercy then. Afterwards — always afterwards — I realized my mistake.

Psychometry

REV. E. C. EVANS, D. D.

"**PSYCHOMETRY**," commonly known as the "Sixth Sense," is a word coined by Prof. J. R. Buchanan and means the ability to measure the powers of the soul. An individual who possesses this psychic faculty and has it well developed has the ability of discerning things, reading the history of articles he comes in contact with, etc., by the magnetic forces permeating such things.

Most Mental Mediums possess this faculty, and they are able to read one's character from a lock of hair, the handwriting, a photograph, a piece of clothing, a ring, watch, or anything that has been carried a long time and has been magnetized. They may hold a piece of rock and sense its mineral content; rich mines have been discovered through this power. Psychometry is a psychic faculty being a power of the soul and can be developed and utilized by the individual independently of "spirit" assistance. In other words, the power to psychometrize is a "gift" and is used in the same way as any other endowment is expressed. Spirit Operators or Controls can, however, assist the Psychic reader in his work and do so many times. My experience has been that, while I have been very successful in utilizing this faculty without "spirit aid," I still have learned that spirit assistance makes this line of work more successful.

Hudson Tuttle in his book, "Me-

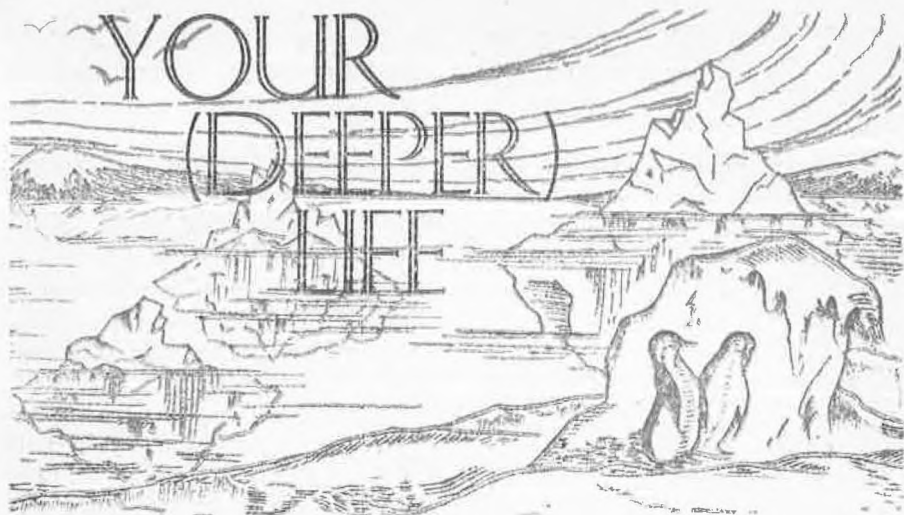
diumship and Its Laws," says: "It is true that no one can be sufficiently sensitive to give psychometric readings and not be subject to spirit control."

Phrenology is another soul science that tells the results coming from a certain combination of the organs of the mind, but in Psychometric work results are revealed as to what the individual really is, and without consulting the physical organs at all. Spiritual Forces, always governed by law, penetrate the mind, search out the feelings, emotions, hopes, fears, joys and sorrows manifesting the mental, physical, moral and spiritual conditions of the individual.

Psychometric powers when developed can be of great assistance in selecting an occupation, a life's companion, or to dispel bad habits, or overcoming undesirable inherited or acquired tendencies. It develops character. And how much better the people of this plane of life would be if they would take the time and effort to develop Psychometry and use it in their daily walks of life combined with the teachings of Spiritualism.

A good way to develop this psychometric faculty is to hold an article of ANY kind in your hand and while in a receptive condition try to "feel" or sense from within what you receive from it. A ring, photograph, handwriting, etc., will be suitable if properly magnetized by the person owning the article.





HEREWARD CARRINGTON

WHEN you see an iceberg floating upon the surface of the ocean, you see but a small fraction of the immense body before you. The greater percentage of it is beneath the surface of the waves.

So it is with the human mind. You are greater than you know! At any given moment your conscious self represents but a tiny fraction of the real You. The rest remains latent, subconscious; buried within the deeper You, yet capable of being recalled at will. When we remember something, we delve into this well of the past.

You are interested, perhaps, in economics or in chemistry, as a hobby. If you look inside your head, you do not find a single fact relating to the subject in the forefront of your consciousness. Yet, if you had to give an hour's talk on the subject, you would find all that storehouse of accumulated information

available, and be enabled to give a lecture which would entertain and enlighten your audience. Where is all this knowledge kept, when not actually being used? In the deeper portion of your mental life.

So, as I have said, you are greater than you know. We have within us all sorts of powers and possibilities, some of which are used, some of which are rarely or never used. But if we have such powers, why shouldn't we use them?

Those of us who have devoted our lives to psychic investigation believe that there are all sorts of unsuspected potencies within man. Well substantiated facts support this belief. Let me enumerate very briefly a few of these.

To begin with, there are many men and women who have experienced subconscious promptings and advice, which have been found useful.

"Hunches" are well known, and many business men will acknowledge that they trust them implicitly. Your deeper self has a wonderful knowledge of time; it will wake you up in the morning, if you have to get up, as effectively as any alarm clock. It also notices what is going on around you far more efficiently than your conscious mind does. You may lose a ring, and have no idea where you have lost it. But your deeper self knows, and that night you may have a dream, in which you see the exact spot where it had been lost. When you look for it the next day, sure enough there is your precious ring.

Higher in the scale are those cases of intuition, inspiration, and so forth, which have come to men as seeming "revelations." Higher still are those flashes of genius, which are so difficult to account for. Musical, artistic and mathematical prodigies usually have no idea of how their results are obtained. They are flashed into the mind, ready-made. Yet *some* mind must have produced these results, and if it was not your conscious mind, what was it? Some deeper portion of your Self.

It is facts such as these which have made many psychic investigators believe that, in addition to the conscious and subconscious minds, there is also a *super-conscious* mind; and that it is within this sphere that the majority of psychic phenomena occur. Certainly they are not dependent upon our bodily or normal mental processes.

Take for instance Telepathy, which has received widespread publicity of late years owing to the work of Dr. J. B. Rhine, on what he calls Extra

Sensory Perception. Many people to-day accept telepathy almost as a matter of course; but if it actually exists it is a most astounding phenomenon, quite incapable of being explained by ordinary materialistic psychology. This tells us that "thought is a function of the brain," and as much a part of the bodily activity as (say) digestion. Yet if thought can exist and actively function at a distance of many miles from the brain, what becomes of this dogma? And would this not suggest, very strongly, that mind is not dependent upon the physical brain after all, except as a vehicle for its expression? A highly significant fact, surely!

Yet telepathy is one of the best-attested of all psychic phenomena. It has been experimentally proved by hundreds of thousands of tests, conducted in the modern laboratory, while innumerable "spontaneous" cases have been reported by people of reputation and integrity. Indeed, it has been estimated that *at least* one person in every ten has had some such psychic experience, during the course of their lives. If this be true, it means that there are, in the United States alone, more than twelve million people who have experienced something of the sort. This is no mean number, and shows us the massive weight of human testimony behind such facts. They can no longer be laughed off or explained away. These phenomena are here to stay and represent part of our human nature.

More extraordinary still are the phenomena of clairvoyance. For here events in the outer world are perceived, which could not possibly have been

known to the subject "seeing" them. A classical example of this, of course, is an incident in the life of Swedenborg when, at a dinner party, he described a fire then raging in Stockholm, more than three hundred miles away. He told what houses and buildings had been destroyed, and the exact spot where the fire was stopped. Three days later a messenger arrived, bearing the tidings of the fire, which agreed in every particular with Swedenborg's vision. This and similar incidents so impressed the great philosopher Kant that he wrote a whole book upon the subject—"Dreams of a Spirit Seer." It is available in an English translation.

In telepathic phenomena there is always the temptation to assume that some form of "brain waves" might be employed, using the analogy of the radio—despite the fact that modern research has failed to discover any such brain waves, existent outside the human body. But in clairvoyance we have no such analogy, and it remains as yet one of the great unsolved enigmas of modern science.

If these clairvoyant phenomena are hard for us to explain or understand, what are we to say of those cases in which the future is apparently foreseen, in cases of prevision or precognition? If the future does not yet exist, how can it be foreseen? And yet there are many well-authenticated cases on hand, which seem to show that such is in fact the case. Take the following instance, by way of illustration:

In August, 1910, Cavaliere Giovanni de Figueroa, one of the most famous

fencing masters at Palermo, dreamt that he was in the country, going along a road white with dust, which brought him to a broad, ploughed field. In the middle of the field stood a rustic building, with a ground-floor used for store-rooms and cowsheds, and on the right a rough hut made with branches, and a cart with some harness lying on it.

A peasant wearing dark trousers, with a black felt hat on his head, came forward to meet him, asked him to follow him, and took him round behind the house. Through a low, narrow door they entered a little stable, with a short, winding stone staircase leading to a loft over the entrance to the house. A mule fastened to a swinging manger was blocking the bottom step; and the chevalier had to push it aside before climbing the staircase. On reaching the loft he noticed that from the ceiling were suspended strings of melons, onions and tomatoes. In this room were two women and a little girl; and through the door leading to another room he caught sight of an extremely high bed, unlike any he had ever seen before.

Here the dream broke off. It seemed to him so strange that he spoke of it to several of his friends, whom he mentions by name and who are ready to confirm his statements.

On the 12th of October, in the same year, in order to support a fellow-townsmen in a duel, he accompanied the seconds, by motor-car, from Naples to Marano, a place which he had never visited nor even heard of. As soon as they were some way in the country, he

was curiously impressed by the white and dusty road. The car pulled up at the side of a field which he at once recognized. They alighted, and he remarked to one of the seconds:

"This is not the first time that I have been here. There should be a house at the end of this path, and on the right a hut and a cart with some harness in it."

As a matter of fact everything was as he described it. An instant later, at the exact moment foreseen in the dream, the peasant in the dark trousers and black felt hat came up and asked him to follow him. But, instead of walking behind him, the chevalier went in front, for he already knew the way. He found the stable and, exactly at the place it occupied two months before, near its swinging manger, the mule blocking the way to the staircase. The fencing-master went up the steps and once more saw the loft, with the ceiling hung with melons, onions and tomatoes, and, in a corner on the right, the two silent women and the child, identical with the figures in his dream, while in the next room he recognized the bed whose extraordinary height had so much impressed him. . . .

What are we to think of a case of this character? It is well substantiated, and but one of many. If this human mind of ours is capable of surmounting the barriers of time and space, it must possess powers little dreamed of; and if such powers exist why should they not be cultivated and developed? Surely our life would be enriched and amplified by doing so.

As an example of how such happenings may be useful, at times, let me refer to two examples in the life of a friend of mine—a highly intelligent young woman, normally full of fun, life and activity. The first instance occurred during the great world war. She was stationed in Washington, and was walking down a narrow path, between two rows of houses which were in course of construction. A giant crane was hoisting up a number of steel girders, and as she walked beneath it a voice suddenly said in her ear: "Stop; don't move!" She stopped dead in her tracks, and as she did so the cable on the crane snapped, and the girders fell around her "like jackstraws." If she had moved or taken a step in any direction she would have been crushed to atoms. As it was she was quite unscathed—though those about her hid their faces at the impending tragedy. She stepped from the mass of wreckage, shaken but unhurt.

On a second occasion she was walking up a steep hill near Columbia University. This time the inner voice said "Jump!" Having had experience before she jumped, and just in time, for a truck careened past her so closely that it left a streak of mud on her coat, as it crashed into a fence on the inner side of the pavement. Again her life had been saved by some inner prompting.

Now, it makes no difference from our present point of view whether this "voice" originated within herself, or whether it came from some outside source. What *does* matter is that it served a useful purpose—prevented her

in fact from being killed. On neither occasion was she consciously aware of any danger. Yet something wiser than she recognized it and succeeded in warning her in time. This is surely pragmatic enough to suit anybody!

If then we have such powers within us, why should they not be cultivated and used? Refusal to do so would be as foolish as the blind man who refuses to see. There is nothing silly or superstitious in exploring these hidden and mysterious depths of our being—which is precisely what we psychic researchers are endeavoring to do. In them, we are not dealing with any chicanery or with any fraudulent medium. We are dealing with human experiences, which many people have had and which they are anxious to have explained. We can only explain such incidents when we know more about them, and when the laws underlying them are better understood. That is why scientific research along these lines is necessary.

It is not possible, within the limited space at my disposal, to touch upon many other fascinating phenomena within this field, such as apparitions and haunted houses, strange dreams, trances, multiple personality cases, and the whole range of mediumistic manifestations, both physical and mental. All that I have endeavored to do, in the above, is to call attention to certain as yet unexplained but undoubtedly genuine occurrences which have taken place in the lives of certain people, and to emphasize the fact that these point to the possession, in man, of certain

undeveloped powers within the deeper portions of his being. If your life includes such powers, they should assuredly be cultivated and utilized. They represent perhaps the next step in our evolution, and in the progress of the human race. And in this view I am not alone.

In a conversation between Roger W. Babson, statistician, and the late Charles P. Steinmetz, shortly before the latter's death, Babson asked Steinmetz what line of research would see the greatest development within the next fifty years. . . . Steinmetz did not say what might have been expected—that the development would be in some line of electrical application. He said he thought the greatest discovery would be made along spiritual lines.

"Here is a force," he said, "which history clearly teaches has been the greatest power in the development of men and history. Yet we have been playing with it and have never seriously studied it as we have physical forces. Some day people will learn that material things do not bring happiness, and are of little use in making men and women creative and powerful. Then the scientists of the world will turn their laboratories over to the study of . . . the spiritual forces which as yet have hardly been scratched. When that day comes, the world will see more advancement in one generation than it has in the past four . . ."

When a man of Steinmetz' undoubted genius can make a statement such as this, it surely behooves the rest of us to pay some attention to this neglected field.

A WELL SPENT LIFE

GRENVILLE KLEISER

A distinguished writer said this of a friend of mine:

"He is distinctive, yet friendly and approachable. He will never be an old man, if he lives to be a hundred, for he will carry with him the receptive mind, the hospitable heart, and with him forever there will be the perfume of the morning and the lavish heart of youth."

To those who understand the true meaning of life, the advance of years brings no terrors. Their old age is their time of fruition, the time for which they have lived. They are like wise husbandmen who have sown good seed, tended the springtime crop, and now gather in the ripe harvest, great sheaves of golden grain.

And, as with each week the harvest ripens, mellows, gives more and more promise, so with life, each wisely spent year brings to the heart more content, greater fullness, a richer store. For the man who has truly "lived well," old age has no terrors. For him it is not bleak winter; it is the golden glow of harvest. Each year that has passed has brought him new treasures.

How different is the old age of such a man from the declining years of a man who has only "made a good living." For one who has set all his hopes, all his interest, in ephemeral things, old age can hold nothing but dread. He fears that, with the loss of his physical powers, he will lose his so-called friends.

They are attached to him only by the gossamer threads of society; they have no true affection or respect for the man himself. When he gets "past things"—past the age for dancing all night, playing games all day, past the age for cock-tails, jazz and speeding—then he will, to them, be "done." They will have no further interest in him; for all they care, he may spend his empty days and wakeful nights as best he can.

No wonder that he fears the advance of the years! He has recklessly wasted his strength, both of mind and body, on things that have no enduring value. His powers are declining; he has nothing to fall back on—no true friends, no real vital interests. Though he live to extreme old age, though he die a millionaire, how can he be said to have lived well?

There is more wisdom, as well as more peace in the lives of those who can look back on years well spent, can look forward to an old age of contentment and, when the time comes, to a peaceful death, secure in the knowledge that they have made the most of their time, have wasted no opportunities, neglected no good service; have, in fact, "lived well."



LIFE REALITY

ILION SPEAKING



A PRESENCE stood within the night and spoke: "I am friend to mankind; the way I show is a way of wholeness in which man may set his feet greatly to his upliftment and enchantment. For Truth understood and accepted shall make man free and raise him to a higher state, and within an enlarged orbit of perception one time obscurity shall become brilliant Son light."

The Voice rang true and down the years it lingered and stood by in all life's happenings, in all crises and contingencies, in joys and sorrows. The Elder Brother, the Wayshower, the Master, not making easier the path for man to tread but strengthening him for the travel thereof; inspiring to higher thoughts, higher deeds, higher aims; to law keeping in all its beauty and holiness; bidding man to consciously establish within himself the Kingdom of Heaven. Little else matters: *the central pivot once firmly set all else falls into its just and ordained position and makes the perfect pattern*

of the Plan. The labor of a lifetime, of manifold lifetimes, and a glory unsurpassed by any other achievement.

* * *

The Greater Life is the Life of Reality: the lesser life of earth—yet of fundamental importance—is the life of sense. It is the Life of Truth as contrasted to the life of illusion, yet illusion only when viewed from the higher spiritual standpoint.

In representative material life upon this planet in our man made social order, the human child goes forth from its home each day to school where it is to learn the lessons which, taken as a whole over a period of years, constitute its "education." This order of things is a reflection of the higher law of life, an imperfect and only partial reflection of course, but as far as it goes, a more or less true one.

A human being, a *spiritual child*, goes forth from its spiritual home in the Life of Reality, periodically, to attend school in the physical and material world and to learn those lessons

of experience, the essence of which may be absorbed and incorporated into its life fabric. Its "home connection," however, is never entirely lost. Although the outer consciousness in each successive life period retains not the memory of the inner activity in whole, this always functions as the central source of supply which vitalizes the outer conscious life of the body.

The soul-self returns to its true home during the hours when the physical body sleeps; for "the night time of the body is the day time of the soul": yet it cherishes and guards that body as long as it is needful for its purposes of growth and development. As spiritual discernment gradually becomes more widespread, these laws will become matters of common knowledge. Among many they are to some extent known at the present time but they are so intermixed with intellectual speculation and surmise, and so colored with the egotistical separative viewpoint of the lower material man, that they are not allowed to assume their true function in human life.

Like the greater part of the knowledge of spiritual and Divine law striving for acceptance at the present time, trying to pierce the dense shell of human materialism, these vital facts are pushed back and the matters of the flesh are given predominant importance. That man has lost the knowledge of his spiritual origin and birthright is deplorable; that he refuses to accept the truth of his spiritual origin and birthright is—if carried to the extreme—spiritual suicide; and if it were true that the life and destiny

of mankind were entirely in the hands of those who constitute the mass and bulk of present humanity, its fate would be sad indeed.

But even as the life of the human child of material life is controlled during its immature years from its home, so is the life of the spiritual orphan — humanity (self-orphaned) — controlled from its true interior home, and very slowly and gradually during a long series of earth lives it is learning something of its true nature, of the laws of life, and bringing itself into alignment and harmony with them.

This constitutes the HOPE of and for the human race; its chance for redemption lies in this one fact, the possibility of attainment of the knowledge and practice of Spiritual Law. Life is an eternal progression of knowledge as well as spiritual growth. Such study should be the foundation of every man's life, and in the future centuries such recognition and effort must come to be the central pivot of being, rather than the commercial money madness which dominates present-day life and renders man an exile from his own country.

* * *

Even as the eagle in its flight soars upward toward the blue of heaven, so must the soul of man arise from the sordidness of its earthly environment and seek to touch those realms of the spirit which are its true home. Held down in earthly sheaths it may be for wise purposes, until the lessons in the school of life have been learned; then only can freedom—from the earthly viewpoint—be known. Meantime for

brief snatches and intervals it may contact that world which—once felt and known in ever so slight a degree—can never again be relegated to the speculative and uncertain.

The pressure of material affairs may, and often does, serve as a lever of propulsion; in that the soul, brought to bay as it were and stimulated by excessive suffering of various kinds, bursts the bounds of its earthly shell momentarily or for a longer period and emerges to gain a glimpse of a new aspect of life and understanding. Doors are opened to mansions whose existence was hitherto unsuspected; avenues of surpassing beauty and interest present themselves to be traversed and explored; a store of spiritual wealth is shown to be where heretofore only barrenness existed; the well of Truth sends forth a fountain of sweet waters to flow where before was aridity, at which the heartworn one may quench his thirst and replenish his waning strength and vigor.

To those drenched and saturated in materiality only, this world has no reality of being; but to the ever so slightly awakened one, more and more does it impinge upon his consciousness, until at last if he opens himself to the impact, he is renewed and reinvigorated by the contact with fresh impetus received for the better performance of his earthly tasks.

* * *

When least expected the ear shall hear; when least looked for the eye shall see; when in seeming most deeply veiled, the heart shall understand. Wordless, voiceless, soundless and in

darkness, the Light Rays of Reality penetrate to the uttermost depths and demand recognition. Divine Intelligence is not circumscribed in its radiation: it projects itself into a myriad agents of varying capacity and power yet who—if able to receive and contain the divine impulse in any degree—are also able in their turn to put forth an emanation of the original impulse, though ever so faint.

These agents, from the highest Master yet within the earth's atmospheric vibration and performing active service therein, to the young and eager though as yet ignorant and untried devotee, do the will of the Supreme within the world of men, striving ceaselessly to inspire mankind to awaken and set about its basic work of self-redemption, thereby redeeming a world well nigh lost in self-destruction. Civilizations rise and fall; grow, flourish and decay; and in themselves are of little importance in the Cosmic purpose. They afford a field wherein Karmic Law operates and a means whereby the animal-human kingdom and evolution transmutes itself into human-spiritual evolution, a kingdom finite into a kingdom of the Infinite, such transmuting processes constituting the pivotal and epochal point where humanity stands today. It is being weighed in the Cosmic scales and woe to that one who consciously and wilfully fails to bear the cross which, through spiritual alchemy, may be, in the life crucible, transformed into the crown of conquest; or else melted and returned to primordial substance to be again used in objective manifestation.

There are periods of activity; periods of quiescence; periods of emanation and periods of indrawing for all evolving forms, souls, races, planets and suns. Law applies to the most infinitesimal life atom as well as to the most resplendent sun-star; otherwise it would not be law. These are but differences of degree but not of kind, and each swings in its own divinely appointed orbit, absorbing the vibrational impulse set in motion by its evolutionary need, and so continuing until the vibration runs its course, and another impulse is initiated.

There is no smallest, insignificant condition; no largest, most colossal condition for good or ill, now observable in world affairs, which cannot be traced by the discernment of the spiritual scientist who has extended vision, back to its true cause; a cause which man himself has set in motion. Ignorant and blinded by selfishness, he sends forth a boomerang which returns to him laden with the missiles of his own iniquity for his own undoing.

Ceaselessly the Powers of Light labor that a world diseased may be healed: that mankind may awaken to his duty; to a consciousness of his own responsibility and set forth upon the path to rectify his past mistakes; to learn to stand upright with his gaze fixed upon the Star of Truth, rather than to grovel—as now—in the dust and slime of selfish greed, ignorance and ignominy.

* * *

Upon those higher levels where your Higher Selves do dwell, we wait and watch and therefrom call to you: and

from the dull earth plane low and dim shoots up ever and anon from some aspiring soul a thin shaft of light through the environing darkness of cloud and mist, and for a brief moment of time illumines all around. That light atom is indrawn to the Great Body of the Central Light and all seems dark in the place where once it was; yet naught is lost and another light up springs far afield ignited from the first in the seeming strange way of light. So moves the pageant onward; so does humanity progress; and its fragments are cemented into the Eternal Structure while they build the Great Temple of the Holy Mysteries.

ILION

☆ ☆ ☆

Lost World

PETER WOLFE

Reprinted by permission from
CATHOLIC WORLD, April 1919 issue.

There comes this day
The old, old dream of a lost world,
Within some hidden sanctuary, high,
Not in the hills, not in the sky
But here within myself. A call
From its deep heart has often pierced
my day,
And yet . . . that music will not stay
Its tremulous sweet melancholy fades
Far down the lonely valleys of the
soul;
I must be whole
To bear the searching of that melody—
Its heartbreak beauty from eternity.

SMILES ♦♦♦ FREE TODAY

HELEN C. HICKS

How long has it been since you've smiled — an honest-to-goodness heart-warming smile that comes from within, when your eyes crinkle and sparkle and the outer tips of your lips curl up involuntarily? "Bah! what have I to smile about!" might be the quick answer, if we judge from the many, many sour countenances we see every day on the streets.

The fellow without a smile should never be condemned. He should be pitied. He is POOR, even though his purse holds a million dollars. He is like an expensive floor lamp, connected to the wall socket, but which gives no light, because the bulb is burned out. A man with a smile is like a good clear bulb, where by the flick of a finger the light (his smile) goes on, radiating brightness, and helping people to find their ways. A person who is at peace with himself is at peace with the world. He can help to guide others who are unhappy, even in our present world of hatred. One of his chief aides is a genuine smile.

Smiles are habit forming. If you don't want to look pleasant, beware! Of course there are many kinds of smiles. Some people smile all of the time. Such a face does not fluctuate . . . the grin is set. It looks like a needle, stuck in the groove of a phonograph record, sounds. Other folks smirk for a smile. They never really let anything get under their skins . . . they lack feeling. Yet they know that there

are times when a smile is expected, so they train their outer muscles to produce a make-shift smile. Then there is the "Oh, you're so wonderful" smile, worn often by salespeople, especially in some of the cheaper shops. The moment you say "I don't believe I'll buy this today" . . . presto, with magical swiftness the smile disappears, lest they waste one second more of it on a non-profit basis. Poor souls! If only they knew the POWER of a genuine SMILE which bubbles out from way down inside of you and says to the recipient more clearly than words could, "I like you . . . something about you is pleasing to me!" Every living creature wants to be liked, even though it wears a shell as hard and tough as a Brazil nut.

Recently I had a most gratifying experience. When I walked into a crowded restaurant I noticed a well-dressed grey-haired lady sitting alone. She looked extremely sad. Instinctively I smiled at her as I passed her table. She seemed unable to return it at the moment. Many people do not understand smiles, so I dismissed her from my mind as I proceeded to a table with my group of friends. When we were about half through eating, a small piece of paper was dropped beside my plate. Although I was enagedd in conversation, I sensed that it came from my left. Glancing up I saw that same lonely woman hurrying away from our table. Curiously I unfolded

the paper. Here I must say that while family and friends have at times bestowed many loving attributes upon me, never has one of them ever called me beautiful. The note read "You are very beautiful. I had to tell you." Again I glanced up quickly, but the lady was gone. So I'll never know, but I'll always feel that my SMILE helped a stranger, who might conceivably have lost a husband or son recently.

It makes you feel so good to smile. Try this—think a mean thought. Oh, come now . . . the meanest thought you can think. Everybody ready . . . hold that mean thought for a moment

. . . now smile. Try to smile, I mean. That's right. It can't be done. Banish that ugly thought. When your thoughts are ugly, your mouth is ugly also. Some people train their eyes to lie . . . to look pleasant when they are unpleasant within themselves . . . but their mouths will seldom be harnessed into lying. You can't have ugly thoughts when you smile. Ugly thoughts hurt us not only mentally but physically as well. So for your own sake, as well as others, start today to smile freely. Mark Twain said, "Wrinkles should merely indicate where smiles have been."



DESTINY

The moment you lose hope and faith your destiny is established, regardless of your will, like a bullet shot from a rifle, which cannot be turned from its course. As long as your optimistic hand holds Opportunity you govern "Fate"; but if you drop it through pessimism you are in the hand of Fate's "destiny," not your own will. "Predestination" is nature's material harness, of the natural, chemical or spiritual laws. "Free Will" is the power. What man believes to be in his "will" is but a dam for the capture and use of this power. All is right until he uses his will-power the wrong way. His freedom in its use is a matter of polarity, operating indirectly. He may be positive or negative. He may attract or repel. He may accept or reject.

This is the power of the individual, at the fulcrum of his mind, of governing the polarity of his desires by commanding the animal propensities or the spiritual sentiments. Thus he determines which shall predominate, according to whether he allows himself to respond to instinct, or to be influenced by intuition or inspiration. Hence "Ask, and ye shall receive." The prayer or supplication is simply a matter of inducing the polarity necessary to be the recipient of inspiration. And what is "inspiration"? It is the current of the only truly "Free Will" there is, of which man is the creature. Man's will is free to the extent that he is a channel for the will of his Creator. Toward this end is the only path of success that proves its permanence in mastership.

JOSEPH SADONY . . . in "My Answers,"



Listening to Music

CHARLOTTE G. FRIETSCH GUNTER

IN THE EARLIER DAYS of music and composition it was considered a momentous undertaking, even to sound two different voices together, musically. In the course of time, adventuresome visionaries brought about gradually changed viewpoints relating to this, now more or less, simplified accomplishment. It was the profound love of these past dreaming idealists whose implicit faith in their enterprises brought about the enjoyment that present-day civilization now has, at a moment's notice, and at his behest and request.

How infinitely grateful we should all be for the daily privilege offered by way of the exquisite pleasure afforded by the works of old and modern masters of music. Many a tortuous aesthetic channel had to be crossed by the intrepid souls who achieved the present-day forms of musical entertainment. Patiently, persistently and courageously they dared to move onward and forward to fresh fields of

conquest in the achievement of their dreams. We may now benefit by the fruits of their noble endeavors.

In these days of modernity, there are few that may not enter this world of spiritual refreshment, for that is what fine music brings to the true music lover. Daily fine orchestral and concert performances open up doors of the inner SELF through the wonders of these other-dimensional powers which are innately a part of beautiful music. Wherever we may live, good music is to be had, and often practically free of charge. The possession of a radio is now considered a minor luxury. And we do not have to live in the crowded midst of city life to enjoy the possession of a radio. So it would seem that we should be especially grateful to all who serve us in the world of fine music.

Indeed, the lover of good music and the beauty therein, has much to be grateful for when he reflects on the advancement that civilization has brought to the world. Both in concrete

form, as well as in the abstract, invention has steadily improved the methods whereby fine music may be had at little, and oftentimes, no cost to the listener. The wondrous strains of a masterpiece have within the very center an essence of omnipotence, omniscience and omnipresence. One truly attuned for the moment shall find that great music lifts him to the very throne of his heart. Here, for an instant, he may envision his soul's release into celestial realms where once it had its home. A moment such as this is never to be forgotten. It adds to the stature of the spirit and leaves a permanent impression on the heart, mind and the soul of such a true listener.

The divine symphony within the SELF will sound its echo in response to the other-worldly strains of beautiful music. But often the true listener, to benefit fully, would desire for his listening, a form of aloneness. Often we may note how persons who are forced to listen at public performances will close their eyes, or place a hand over them, thus to shut out all but the sound of the celestial tones. Such a person is truly entering these higher spheres which wing his soul into planes beyond those of the material. He returns from this world exhilarated, refreshed and with a strange new strength, physically, as well. Indeed, to the reverent listener all the world's masterpieces are food for his spirit, heart, mind and soul, all of which thereupon react beneficially on his physical being. For, after all, the body is the TEMPLE where the divine spirit of man must dwell while sojourning on

this earth. The oftener we permit the strains of fine music to reverberate within the walls of this TEMPLE, the greater shall our benefits be. When we attain a perfect attunement with the mystic tones of a masterpiece, we quite definitely sense the power of the IN-EFFABLE LIGHT which suffuses the INNER BEING and envelops everything without.

Reflect for a moment on life itself! Is not life a vast orchestra playing a universal and cosmic symphony while humanity paints pictures in attunement to the orchestral performance? The universal symphony is the divine driving force which leads the souls of the listeners into paths of constructive thought and action. Those who persist in clinging to false notes, and are destructive, shall ultimately attune their inner ear through channels of suffering. Those who listen well and in reverential faith advance; some slowly, some by leaps and by bounds. Those who listen indifferently, or not at all, fall by the wayside.

We see in an orchestra a perfect demonstration of true at-one-ment in design, action and ultimate consummation. We can learn much by way of discipline, by watching an orchestra in performance. See how conscientiously, how concentratedly, hence perfectly, each member of the orchestra performs his allotted task! And while paying strict attention to his specific instrument, his personal duty as it were, for the moment, he also heeds the slightest gesture of the conductor's finger, hand and baton. Should the individual performer swerve one millimeter from his

concentrated attention to every nuance of his allotted task, he would mar the beauty of the performance. The marred moment would have instant repercussions. The mood of the audience would immediately be diverted, even if momentarily, into material channels.

Thus while the member of an orchestra is held in rapt attention by his own performance and his determination to attune himself, he has ascended to a plane above the earthly. While he performs, he is at-one with the leader's motions and directions and, above all, with the music itself. It is truly a marvelous thought to know that while a great masterpiece is being played an entire group of musicians, their conductor, and the so-called inanimate objects, the musical instruments, are so perfectly co-ordinated in action as to completely enthrall and sway a multitude of listeners. And all this is transpiring on the highest thinkable plane! Rarely does the individual instrument receive its full share of gratitude from the listeners. The individual musician may prize his particular musical instrument but seldom do we hear of any unanimous and audibly expressed form of thanks because the instruments provide us with heaven's own food. Fine music has no parallel on the earthly plane, save, mayhap, that which the mystic is able to find in nature's solitude and within the INNER SELF. But to most people is given the privilege of enjoying the fruits of master performances of masterpieces. And for this the listener should give daily thanks to those who serve him thus.

We, who listen, may well reflect on

the perfection of synchronization of an orchestra in performance. No such perfection shall we find in any form of government. And this perfection of synchronization is attained because each one has based his action on a divine foundation, that is, law, order and harmony. Moreover, consciously or subconsciously, each one fully realizes that there is a spiritual drive behind the least of his movements. For the moment, at least, each player senses that each note is the living essence of every shade of the spiritual spectrum. In this lies a subtle, all-influential and deathless power which leaves its delicate tracery on the hearts and minds of listener and performer alike.

All that has here been said about the orchestra may also be held true regarding the individual human being. Each one may be understood as representing an entire orchestra in himself. We might say that the MIND of the INNER SELF is the leader, or conductor. Life is the audience awaiting the music which the soul will play. And the instruments represented by all the centers of his physical body are the individual means of expression; while the world and the earth, as well as the whole universe may be the stage for the soul's performance.

It rests with each one to direct his orchestra toward peaks of perfection. Each one has the privilege of playing his own symphony with the same perfect co-ordination that is evidenced in the performance of any orchestra. Much may be learned from watching the distinguished conductor and the efforts of the members of the or-

chestral performance while listening to the fine strains of music created by great masters.

Each instrument in an orchestra and its player are attuned to their idealistic objective. Each instrument is directed by the musician for the purpose of creating harmony and unity in musical design. This is also true of all such human beings who direct their inner soul song according to the principles of design that are to be found in a great masterpiece.

Human beings who attune themselves to others find exquisite joy in living. In such moments a touch of poignant grief can so perfectly blend itself with a rush of joy that the soul gains, in the instant, a new experience of harmony. We discover moments of this kind in the strains of dramatic scenes depicted in fine music. All great music lovers will experience interludes of joy fusing itself with grief. The ecstasy experienced in listening to soul-rending, over-worldly tones brings about what we may well say is a perfect union of the positive and the negative in perfected form. On wings of celestial vibrations, the spirit of man is, at such times, wafted into higher dimensions where the spirit of the INFINITE adds magic power to the soul of the listener.

The artist, the poet, the writer of meritorious work may reach these spheres in his moments of ecstasy, there to listen to inspiration which has been induced by his INNER SELF. The scientist also reaches this sphere, despite his disregard for the spiritual element involved in his research. But

in touching these realms, the skeptic shall never attain exact truths since his listening power is overshadowed by his doubt of the COSMIC DIVINE ESSENCE. But it rests with music, that created by the masters of this plane, to give the soul of man a perfect experience of what we might call a divine bath through its sea of sound, light and color.

A melody of divine essence may haunt one throughout the years. Often it may suddenly turn up as a guardian spirit. In one single flash, some past favorite melody may bring before the mind's eye an entire period out of one's past life which serves as a warning. This may happen when a distressful situation has to be faced. Staring into empty space, a perturbed soul may be pondering his problem. But since there is no empty space, the troubled thoughts of such a being are actually reaching out into the Cosmic Spheres of eternal music. In this boundless space, the involuntary meditator then runs into his soul's melody which then takes the situation in hand. It is the music of his own INNER SELF that is guiding him for the music of one's soul is always attuned to the Symphony of the Cosmic Spheres.

Listening to good music will afford the listener every form of exhilaration that his heart and mind, as well as body, may desire. There are tones, such as Verdi provides, that bring you to your feet to swing in delight, even if alone, clasped in the warm embrace of these entrancing melodies. Or if it be Beethoven, Wagner, Mozart, Hayden, Bach, or any other on the same

plane of performance, the true listener shall be swayed accordingly. This is especially so whenever the mystic attunes his hour of meditation to performances by the great masters.

Often the results derived are a form of resurrection in a minor key. An inner purifying effect is experienced. Strange phenomena may be encountered. Many passages of Gounod's *Faust* will carry within their tones transcendental power which seems to lift the listener bodily into other-dimensional spheres. With such blissful sensation the listener is wafted by a sea of blue light which eclipses all solid objects around him. It feels as if the listener, himself, has been transformed into a scintillating creature of light, and is surrounded by dancing, shimmering colors of every description. It is the music, alone, which has the power to call forth visions that live within the Cosmic Spheres. The voices accompanying the performance rarely have any such higher dimensional effects on a listener. The instruments and the players of the instruments, it would seem, are thus able to ascend to these loftier planes where we find the bliss of musical ecstasy.

How grateful should we not be to these hands and instruments that create transcendental joy for those who will listen with the INNER SELF keyed to the performance! Human hands and instruments made by human hands are serving the listener, whenever and wherever music floats out upon the air. Human hands that coax forth the other-worldly tones that will lift the listener to planes of feeling and thought

from which one returns inspired and refreshed. These human hands, as well as the instruments, are serving in a divine capacity. They take the listener to the gates of heaven which open wide to those who listen reverentially.

Again taking Gounod's *Faust* as an instance in point, we may well say that the true music lover has really been wafted away from the earth and all mundane affairs. The listener is instantly enchanted by the tones to which he gives himself up, in what might be called a worshipful spirit. Translucent light floods his soul; an ocean of color envelops him physically; he is transformed into an entity which momentarily lives in other-worldly spheres. Miraculously this devotee instantaneously becomes AT-ONE with a SOMETHING which has no association with the earth or his worldly affairs. The listener is, at times of this nature, haunted by scenes subtly reminiscent of an elusive dream, a thing he knows intimately yet which he cannot place. The listener's heart is filled with an inexplicable yearning, as the waves of music magically hold him on their crests of light; involuntarily, he stretches out his hands in a receptive gesture. To the thinker, who listens in devotional spirit, the abstract abstruseness of his thought-world shall shed fresh light on puzzling problems; to the poet and artist there shall come a flood of fresh inspiration; but it is the mystic, who may be a combination of the three, who will experience the greatest bliss and receive, perhaps, in the measure of his worthiness, greater powers than he already enjoys.

And truly while the soul of any devoted listener dwells in the ocean of light created by the fine tones of wave after wave of music, he is silently crying for a LOST HOME; a heaven his soul has once known, where perfect unity with his divine SELF was his treasured lot, and which, somehow, while on earth, has been mislaid. And long after the waves of music have subsided and the everyday light again faces the listener, he may somewhat sadly return to his worldly affairs; but he shall find that the overtones of the higher planes walk with him. Like a fairy's touch they shall creep in here and there, cheering him, inspiring him, and carrying him on to renewed effort in the accomplishment of his tasks. This is not always consciously experienced, yet the influence is there. It is the INNER MIND that has gathered up the divine power and serves it, as the need arises.

All fine masterpieces will play their important part in their influence on the mind and soul of the devoted listener. All fine music is constructive, as well as divinely inspirational. It builds within the spirit of man while he enjoys the melodies floating in and around him. All masterpieces play their respective parts in exercising such constructive power, in different soul-keys and for various ends. All music has a mission in its influence and power over the soul and mind of man. The symphonies of Haydn, Mozart and Bach, for instance, afford the listener unending solace and comfort. If listened to often enough, they shall erase fear and worry. They will move one to face life

with renewed courage and a true spirit of good cheer.

In times of distress, a true music lover has only to direct his thoughts to some certain composer and his compositions in order to receive immediate help. If a picture of the composer of any masterpiece is held clearly before the music lover's inner vision, the connection will be instantaneous. Thus, swifter than light or thought, will subtle inspiration spread its protective wings over the meditator and bring him instant relief from pain and suffering. And it may be said that not only soul-suffering may thus be alleviated, but bodily aches and pains may be subjugated by similar magic means.

But to achieve this, the listener must be reverential in spirit and a true devotee of life's music. Music to such a fellow-creature is as an abstract, sacred sanctum having its abode in an abstract spiritual sphere. Here his spirit may seek refuge and obtain sustenance. Those powerful in spirit can establish a sanctum of this nature, anywhere, and at any time. However, where silence and purity of solitude minister to the divine scene we shall find the sanctum to be most sacred. Somewhere, anywhere and any time, a secluded forest, little frequented by man, is the supreme sanctum. In truth, if at such moments, when in a mood of worship, a listener to abstract music, or the tones of the forest sounds, will raise his hands in devout supplication he shall receive.

In an attitude of devout supplication the worshipful listener shall receive vi-

bratory force streaming into his physical hands, as well as an inspirational force which suffuses his heart and soul with renewed power. In sanctified moments such as this, the mystic will contribute his innate Godly force to the betterment of his fellow creatures. To each one is given the privilege of individual worship, in accompaniment to the symphony of the individual spirit. In devout supplication, beseeching the Cosmic Divine Powers to ease humanity's pain, to bring understanding to the minds of benighted souls, and a brotherly love to all of mankind, this plea will render its due measure of help to the improvement of the world. It is especially effective when a devoted listener unites his pleas with some form of music. At the same time the listener will experience a blissful sense of gratitude that he is thus privileged, in a divine manner, to contribute to the betterment of humanity.

The listener who will thus daily experiment with fine music as his guide and monitor shall be fully rewarded. Beauty and peace shall be ever-present, if not in his immediate surroundings, it will reign undisturbed within his own spirit. And this is a supreme reward, well worth its striving. And he will not only be thus rewarded but shall find new vigor entering his physical being and a fresh outlook in the work he has to perform.

In a way, certain ritual is essential if a listener is to achieve immediate results. Silence and seclusion are of importance. In preparing for a reverential mood of meditation a certain

radius of seclusion is necessary. The listener to sacred attunement would naturally also sense a spirit of piety and purity in heart and mind. No selfish thought will hold the stage. And while in this mood, the physical hands will, of their own accord, be raised in supplication. Oftentimes, the entire physical being of the meditator will be swayed by his supplication and the tones of music. He will effortlessly and rhythmically perform what might be a temple dance. The highly evolved being would then sense strong vibrations flowing to and from his finger tips. It is as if he had contacted some strong electric power that suffuses his entire person with renewed strength.

He may, while in this mood of worship, and attuned to the music, find himself repeating, slowly and deliberately, a blessing which will remain with him permanently, and will influence his fellow-creatures in the measure that they are receptive. The inspired invocation may be something like this:

"Oh, beloved SPIRIT OF COSMIC CONSCIOUSNESS, fill the hearts, the minds, and the souls of all mankind with peace, piety, purity, truth, knowledge, beauty, divine love and wisdom." Chanted in unison to silent music, the listener shall hear a response, for the chimes of the COSMIC MUSIC will answer him. And he shall sense the blessings that are being bestowed, not alone on him, as a supplicant, but upon all his fellowmen, as well.

Such is the power that lies within the sounds of any true listener's own voice, if divinely attuned.

BE YE TRANSFORMED

LINDA B. HUBER

STRANGE AS IT MAY SEEM to you and unbelievable as it may sound, there lies within you, this instant, no matter who you are nor of what race, color or creed, the magic power to do all things; and when you read this paragraph and as you meditate upon its meaning, be sure to doubly underscore that little word "ALL," because it is all-inclusive.

There is no condition in your life, great or small, that you cannot change for the better. There is no ailment that cannot be greatly helped; no sickness that cannot be healed. There is no situation in your life, regardless of how terrifying it may seem, nor how long it may have been with you, that is hopeless, because the power that is within you can bring all things, pertaining to you and your world, into perfect order and cause you to walk in the newness of life.

You may have sat in a wheelchair helpless and suffering, or lain prone upon your back for many years; but through that small word ALL, you can be delivered from such bondage and know the joy of the freedom of activity. You may be down and out, deeply in debt, without a job, yet no matter what your age, nor how great a failure you may believe yourself to be, you can be freed from lack and limitation and you can become successful and prosperous. You may have reached the end of your rope and have met with

numerous reversals and so have lost faith and no longer feel the urge to try again; but this is the very time when it is possible for you to stage a real comeback. In fact, it is when you have descended so far that you have touched bottom that this power can flow in and perform the miracle in your life and lift you up and out of the dark pit and place your feet once more on solid ground.

Do you face a seemingly unsolvable problem? Does it revolve in your mind until you are almost frantic with worry and exhausted with mental fatigue? Do you take it to bed with you at night, wrestle with it in your sleep and find it still with you when you awaken? Do you long to "talk it over" with some far-seeing and understanding soul, who could help you, but whom you have not found?

Search no longer for that person and cease striving for the solution of the distressing problem, for the complete answer lies within you. There is a way out. There is a right and harmonious answer and it will be given you when you give over the entire matter to that indwelling power; when you finally refuse to longer wrestle with it; when you mentally and physically relax so the power within you will have free access in and through your consciousness and can then make known to you the only right solution.

"Come to the point," you will say,

"and tell me where to look or how to contact this transforming power, which is able to do all things for me. If it is, as you say, within me and if it is omnipotent, why am I not conscious of its presence now? Why don't I feel it? Why doesn't it make itself known to me or help me when I need help so badly?"

The answer is, it is within your own mind and has to do with your own thinking; for "As a man thinketh . . . so is he." Whatever you sow in your field (mind) that you must also reap. Thought can transform your life—any life—or it can deform your life and bring you down into the depths of misery and despair. By your own thinking you create for yourself a heaven on this earth or a place of torment, because heaven and happiness, peace and contentment are states of consciousness brought into expression alone through positive and constructive thinking.

Conversely, one's own hells or place of torment is gradually built up through negative and destructive thinking, through hatred, greed, selfishness, fear and resentment; for these are the real enemies of a man's own household and they are the thieves who rob him of his birthright. When a mind is filled with such unwholesome guests it is not long until the temple becomes a tavern and the right to peace and happiness is forfeited and the individual finds himself miserable and unhappy and he begins to live here and now, in his own self-created place of torment. When a person's life is so ordered, nothing can change for him unless and until there

is a definite change of thinking, because ALL THINGS BEGIN IN MIND, and THOUGHT CONTROLS ALL THE AFFAIRS OF ONE'S LIFE.

Everything pertaining to you and your world, all you say or do, all that comes to you, all of life's experiences are conditioned by your own thinking, and are not brought upon you by a God who sends both good and evil, nor because of what others may or may not have done to you. Every man is his own jailor or his own liberator. Every one decides whom we will follow and what we will serve. Each of us decides, chooses, determines and decrees within our own mental realm whether we shall be happy, prosperous, healthy and successful or the exact opposite of all these.

So colossal and far-reaching is the creative power of thought that it can span any distance, ascend to any height, perform the so-called impossible and turn darkness into day, sorrow into joy and bring life even where there is no visible sign of life. The scope of the power of mind, of constructive thinking, is unlimited and whatever the mind can conceive it can bring forth.

But how, you may ask, does my own thinking have such power? I really do not believe that thoughts have caused all my misery and failure, nor can I accept the theory that my thoughts could ever perform a miracle in my life.

If you have an open mind, if you are sincerely interested in living a better life, if you honestly desire to have the rich blessings that are yours for the accepting, you can easily put this mat-

ter to a test and so prove to your entire satisfaction that you can be transformed through the renewing of your own mind.

Do you own a camera? How do you "take a picture"? You place a roll of film in your camera and turn it until you come to the first number; you CHOOSE some person, scene or object you want to take, then you focus the lens upon that object and when you have it just right, the way you want the picture to be, you snap the small lever and the picture is taken. What happens? Did you actually take the picture? Are you willing to assume the responsibility for the result—or picture—that you will receive when the roll is developed, negatives made and the pictures printed on the sensitized paper? If you are careless, or if you do not clearly understand the laws governing photography, or if you snap the lever twice and so make a double exposure, can you accuse another for the result you will receive? Was it the fault of the camera or the film or the person who finished the pictures? You will have to be honest and admit that you, alone, are responsible for that which you will receive in the packet containing your negatives and prints. You will also have to admit that you did not take the picture. But you DID DIRECT THE FLOW OF POWER. That is, you consciously followed a given law and if you used its principle correctly you received a pleasing result.

You have a "mental camera" that is even more accurate than your kodak. It is governed by laws that are as fixed and unalterable as the law governing

photography. You have access to a Film that is so keenly sensitive that it registers your every thought, records all of your emotions and your desires and brings to you the final results with unerring accuracy. YOU are the power which controls and operates that mental camera. YOU, alone, choose, decide and decree what you shall take of life's pictures and the results you receive are entirely up to you.

Saint Paul once said that "In God we live and move and have our being." In another reference it is stated that GOD IS SPIRIT and Spirit is omnipresent, or everywhere present in equal measure at all times, filling all space. God is Spirit and it is in that Spirit that you live and move and have all of your being. Moreover, there flows through your mind a continuous stream of pure Spirit Substance (out of which all things are made that were made, and ever shall be), and upon which you are "taking pictures," or impressing upon that keenly sensitized Substance, your thoughts, desires and ambitions, your loves and your hatreds. YOU CANNOT HELP BUT IMPRESS THIS SENSITIZED SUBSTANCE, because Its flow is ceaseless. That is why you cannot stop thinking. You must use it one way or another, either constructively or negatively. When you understand this matter and you begin to focus your mind on that which is good, true and desirable, then you are working with God, or, you are becoming master of your own mind and you are causing positive impressions to be made upon that Substance, which shall take form for

you and come into expression in your own life.

Because you have been created in God's own image and fashioned after His own likeness you do have the power to create—what you will—through your own thinking. Moreover, you are given an inexhaustible supply, a ceaseless flowing stream of Spirit Substance upon which to impress your desires, therefore, the good you may receive is endless and unlimited. As soon as you change your thinking and take control of your emotions you will begin to change your life and all of your affairs. When you get that idea out of your mind that you are poor and weak, sick and miserable you will get the effect of such thinking out of your life. When you are careful to focus your mind upon what you do want, rather than upon what you do NOT want, then you will begin to cause the plastic, Spirit Substance to take the desired form for you and the re-

sults you will receive will be pleasing and satisfying. The thing that you will hold to in your mind, the seeing (mentally) of your desires taking form, the same shall come to you. Every good and positive thought has the power to strengthen you and to bring you increased good. Every thought of health and strength has a healing effect upon your body, while every fearful, sick-filled thought tends to deplete you mentally and physically and to bring you a harvest of pain and suffering.

Be ye transformed through the renewing (or making new) of your mind. Refuse longer to live in lack and limitation, or to possess a body that is not manifesting its rightful state of health and wholeness. Let your mind be so filled with radiant, healing, powerful, constructive thoughts that your whole life shall be transformed and brought into a perfect state of peace and divine order—which is God's will and desire for you.



B R E A T H

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PETER WOLFE

Men are forever slaves of breath,
For, logic leaves the tribe unstirred
But cadence and the vibrant word
Are lords of life, makers of death.

No facts or reasons absolute
Can move the crowd's composite soul—
But thunder of the drums' long roll,
The orator, the shrilling flute.

The gods mixed music with our clay;
Rune-making Odin, Krishna, Pan
Stir in the secret life of man;
His tidal moods, they mete and sway!

He soars to heaven on a tone,
Or, cursed by magic syllables
Glides, like a shade through shadowy
hells;
Breath more endures than steel or
stone!

Is Food Spiritual or Non-Spiritual



BROWN LANDONE, F R E S

THERE was a time when the highest ideal we held of the energy of food, was that of *heat*. All foods were then judged by calories—that is, by heat units. Later there came years during which some people talked of sunshine foods—believing that *sunshine energy* was in some way embodied in those foods which mature above ground. Next came ideas of other energies in food—*special energies of vitamins and minerals*—which were neither sunshine nor heat energies.

AND NOW *in the last few years, an amazingly new and astounding discovery of the ELECTRONIC ENERGY foods, has been made!* It is so revolutionary it makes us gasp; and yet it is proven true!

All in all, the new discoveries began more than thirty years ago.

First, Dr. Crile of Cleveland discovered (1) that *every living cell* of the body carries two electronic charges—a positive charge at the center, a negative charge on its outside; and (2) that *predominance of the positive charge means health, vitality, endurance,*

buoyancy, and continuing youthfulness; and that predominance of the negative charge means lack of strength and endurance, constant fatigue, deterioration of cells, lack of virility, premature old age, and ultimately disease and death!

Even before this, scientists had learned that we could accurately test the heart's beating by recording the *electric impulses of the action of the heart muscles.*

Then came knowledge that every cell of the body *transmitted* electronic impulses, as well as being charged negatively or positively.

By the time we had reached this knowledge, some scientists began to proclaim that "*electricity is life*"—just as other scientists of years past had proclaimed that *heat was life*; and still older ones had declared that *breath was life.*

This conclusion—that *electricity is life—is mistaken*; it is not life itself, but merely one of the vibratory means which *condition the body* so that life itself can manifest more fully and com-

pletely. Heat is such an energy. A frozen body cannot manifest life; yet heat is not life, it merely conditions the body so that life can manifest.

This brings us to the spiritual. Most advanced scientists and spiritual thinkers are now agreed that there is an entity, commonly called the soul,—that is, the *me* of me, and the *you* of you! This entity must be energy and spiritual energy; and this brings us to the basic law of energy manifestation: *Energy manifests in proportion to the RESPONSIVENESS of the material through which it manifests.*

For example, a strong electric current transmitted over a *responsive copper wire* delivers great power at the end of the wire; but the same current transmitted over an iron wire—which is *not* responsive to electric energy—delivers almost no energy at the end of the wire.

So also, a clear plate glass window is responsive to light, and lets much light manifest through it. But muddiness in a glass is *not* responsive to light, and consequently less light manifests through it.

We can produce a true white light in the laboratory, but what is manifested depends on the kind of globe we put over that light. If we put on a red globe, then only red light manifests, because such a globe is responsive only to the red rays; so also blue rays, green rays, with each change of globe.

THE SUBSTANCE *through which an energy manifests* DETERMINES the degree of quantity and quality of the energy manifesting.

So it is with the human body! The

more responsive the tissues of the body are to spirit, the more power is manifested and the more spiritual the body becomes.

Now consider more discoveries of the last few years. Scientists have proven the presence of electronic energies in *every LAYER of brain cells*, and in each brain cell.

More lately very delicate instruments, designed and made at Yale University, record the electronic charges of different portions of the brain and other parts of the body.

Now we come to the GREATEST discovery in evaluation of foods that has ever been made in all centuries!

We now know that fats, proteins, starches, and sugars are of no value, unless vitamins activate them; and that vitamins are useless, unless activated by the minerals!

So now, the great discovery.

The minerals needed by the body *may* be combined in such a way that they carry a low *negative electronic charge*, or a *high positive charge*! The one leads to weakness, illness, and ultimately death; the other to vitality, endurance, uplift of mind, more complete soul manifestation, and continued body youthfulness!

The one is NOT responsive to spirit; the other is almost as responsive as spirit itself.

This electronic energy is not merely electricity. It is more like the cosmic rays of the universe, which one great physicist has called the birth cry of new atoms,—*creation*! And we have now seen near miracles of re-creation worked in the human body, by *in-*

crease of the positive electronic charge of protonic minerals in foods.

Certainly the spirit that manifests through the body is a higher energy than heat; higher than light or sunshine; higher than electricity! *It is the supreme energy of the universe.* Of all energies known to physicists, cosmic rays are the finest and highest, coming nearest to spirit. And it now seems evident that the positive electronic charge of minerals puts the body in such a high state of responsiveness to spirit,

that we are approaching transformation of the body itself!

This much is certain: as scientists approach the finer use of the higher energies, we shall learn how to grow foods containing minerals of higher positive charges, to make our bodies so responsive that enough spirit will manifest, to give us truly transformed bodies, perhaps even transfigured bodies—spiritualized bodies!

Man has not yet dreamed what he may become!



A Psychic Whirlpool

HEREWARD CARRINGTON

ONE of the strangest of all my psychic experiences occurred at a séance with the celebrated medium Eusapia Palladino. This was during our New York series of sittings.

Eusapia was very fond of Lombroso, and had regarded him as a sort of father. Whenever his name was mentioned she dissolved in tears. One evening, however, she made the spontaneous remark: "Now, if you are all very good this evening, Lombroso may materialize!"

As a matter of fact, Lombroso did *not* materialize, nor did anyone else. But the strange phenomenon I am about to describe developed.

Over the center of the séance table, about which we were all seated, there slowly developed what I can only describe as a vortex of force. It was invisible; nothing could be seen or heard; but a sort of psychic whirlpool of energy could be felt by all of us—so powerful that several of the sitters had to leave the table and go to the window to prevent themselves from getting faint. When they receded from the table, it became less; when they approached the table it grew stronger and stronger, until it was almost overpowering. This column of force lasted for about two or three minutes; then became weaker and weaker and finally disintegrated and disappeared.

This was *not* hallucination. It was totally unexpected, even by the medium, and was felt by everyone in the circle simultaneously. It has always remained in my memory as one of the most impressive and strangest experiences in my whole experience.

Worry Versus Faith and Imagination

DR. JESSE MERCER GEHMAN

"HE WORRIED HIMSELF TO DEATH"
—Within your knowledge you have heard tell of such individuals. Perhaps you have even known one of them. Perhaps the mind of such a person becomes so filled with negative thoughts that the functionary processes of the body are interfered with to the extremity of death.

Possibly there are cases like that. We have not known of any cases where death could be directly traceable to worry, though we do know that the negative attitude of mind which accommodates worry is sufficient to depress to a dangerous degree all bodily functions.

The opposite of worry is faith and constructive imagination, and the mind will accommodate the positive thoughts of these as well as the negative thoughts of worry, but not at the same time; so why should one worry, when there is faith and constructive imagination.

"He had faith in himself"—positive imagination; and he fought his way back to life and usefulness, is far more inspiring than "He worried himself to death."

Which would you choose for your epitaph? Which would you prefer said about yourself?

CONSTRUCTIVE IMAGINATION AGAINST GREAT ODDS

In our experience we have known personally the latter type of person. While they have been few, of course, compared to the legions who worry and just give up resigning to circumstances and conditions, their beacon lights shine forth through the misty vapor of a suffering world; and their living, their fighting against apparently insurmountable odds has been an inspiration for the world of sufferers to behold.

History is not without its remarkable instances of suffering wedded to accomplishment. There are many examples. Seeing his end growing nearer and suffering to the last, Robert Louis Stevenson struggled on living his life to the full and giving of himself in his immortal tales.

That immortal poem, "Invictus," probably the most powerful effort in the English language, had its birth in the mind of a life-long sufferer.

HENLEY—INVICTUS—BOSWORTH

Could William Ernest Henley, as he wrote the immortal "Invictus," have looked into the future and seen his poem personified in the life of the most beloved of screen character actors? Perhaps.

Surely the turbulent life of Hobart

Bosworth, truly the miracle in actual life as well as in the drama, personified all of the man's faith, hope, determination, imagination and courage of "Invictus."

Consigned to the scrap heap in his early thirties with tuberculosis, Bosworth ran the gamut of diagnosis and specialized treatment without results, until with money gone, no friends and only a desire to live he dragged himself to Arizona. Here belligerently awaiting the end he met a nature wise country physician.

Doctor William B. B. Moeurs, later governor of Arizona, shed a ray of hope for the imaginatively determined patient. He prescribed fresh air, unlimited rest, sleep in the open and simple fare, all readily practicable.

FAITH AND IMAGINATION

But what was equally important was Bosworth's refusal to die, and his faith in the hope his friend, Doctor Moeurs,

gave him, and his vivid imagination of what the future held.

Hobart Bosworth through ten long years fought his way back to health, life and usefulness. He won against inconceivable odds, and besides making all of his worldly success after the age of forty, he stands today as a living inspiration to sufferers all over the world.

There are other Bosworths, it is true; but we personally have known of no such extreme example of faith and positive constructive imagination as the life of our friend Hobart Bosworth reveals.

The lesson it teaches is a refusal to worry, a desire to accomplish and a positive constructive imagination backed by determination and courage.

Believe and imagine you can accomplish that which you desire. Back these with works, self-effort and self-help; and there will be no reason or time to worry.

☆ ☆ ☆ LIFE

MARY A. LIVONIUS

IT IS WELL WORTH WHILE to be a scholar in the school of life; to study to know thyself. Nothing aids us unless it helps us toward self-discovery. Man has thought of himself at best as an image or reflection of good, and at least as an animate demonstration of his beliefs. Beliefs change, opinions vary, therefore man is tossed about by every wind that blows until his soul cries out for rest and stability. Then

he begins to seek himself as an image and to try to reflect his idea of good.

Still he is not satisfied, for what he images as good today does not fill tomorrow's or other's needs. He must seek deeper and so at last he arrives at the Truth of Being, Omnipresence, One God Active in All Creation. The invisible pouring out into visibility in a joyous abundant tide of life. He sees the boundless horizon of himself as Spirit. His soul has no limitations. He

breathes in the very breath of God which is perfect harmony. He expels the knowledge of unrest, disappointment, disease, etc.

He no longer imagines suffering as God's will. He realizes he is created of God substance, forever perfect in a perfect universe. He refuses to put himself under the tyrannical idea of a despotic personal God. He recognizes the law of Being and centers himself in principle. He concentrates on personal indifference and releases painful memories.

Thus he develops spiritual poise and freedom. His soul ceases to barter with his body in a vain effort to attain spiritual good by worldly self-denial. He knows himself to be soul, mind and body, one whole divine being. He outgrows the limitations of heredity and environment for he sees them as the sum total of his soul's progress to date. He ceases to try to grow himself and lets the God within grow him through his intuitive thought.

He finds the light within himself that is the kingdom of heaven. Choosing good he is invulnerable and forgets to be sensitive to the outer. His virtue is not self-conscious. It is his normal condition. He advances beyond the necessary kindergarten lessons and develops and appropriates his spiritual powers. He refuses to be possessed by thought for he possesses his own soul. He dominates his own thought and becomes tranquil and serene.

He develops stability, by living in the sunlight of Truth where there are no depressing clouds. He ceases to regard time as a limit or himself as one

who runs a race. His existence here is only one day in the school of eternal life and all deficiencies shall be overcome before he graduates. His psychic powers develop and he knows more of the unseen mysteries underlying his present phase of life.

He becomes selfless, removes the fences between mine and thine, and learns that truth is ours. He is neither an altruist nor an egoist but includes both.

He learns the melody of life which is the Love of God. He becomes part of the eternal symphony with love as his keynote.

He ceases to formulate and allows the Universal Mind to set his objective.

He realizes his spiritual reserves and calls upon them in any hour of need. He is not troubled by striving, missionary zeal, but responds naturally to the word within. He learns to make his petitions deep, beyond the petty requests of a short-sighted view, into the depths of the all knowing, all powerful, ever present good.

He no longer fears the portal marked death for he knows it is but the doorway to a higher grade, where he shall learn more.

He learns of his unity with the infinite and the finite, One Creator and creation inseparable.

All these things become more than mind knowledge as he practices the lessons faithfully. They sink into his heart and are the very essence of his being. And so he knows himself in the absolute through the conduct of the vital, energizing spirit of life.

9/17



MAGIC WORDS

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GARDNER HUNTING

TWO LITTLE words woven into human thought make the difference between failure and success. Little words, did I say? When united, they are the greatest words in the English or any other language. They are "vision words," they are "action words," they are "reward words."

"I can!"

When I awake in the morning I face my day with one of two attitudes, confidence or fear. *The success of my day depends not on circumstances but upon attitude.* As I think so I am. As I believe so are my circumstances. *According to my faith so will it be unto me.*

I can get up promptly. No matter how the fingers of sleep hold onto me; no matter how "that tired feeling" seems to sap my energy; no matter how that dread of facing the problem, or the person, or the price, that I must face to win success, may daunt me, looming as a menace, a misery, or a mockery—I can get up and face it. It is just a matter of know-

ing that I can and putting that knowledge into action.

Success is made of action upon principle; and action upon principle is made of faith that the principle will work, no matter how I feel. I may feel that failure is my destiny, that hard work is fruitless, that I am not like other people, with normal abilities, and insight, and endowments, and skill. But if I believe in just two words, "I can"—believe in them enough to act upon them—nothing in this universe can stop me. There's "genius, power, and magic in it" when I "act as if it were impossible to fail."

I can face my work, whatever it is, homebuilding or housekeeping, preaching or teaching, buying or selling. Maybe I do not like it; maybe I dread the tasks and the contacts, and the hard work involved in it. But if I believe I can face it, I can! That is what I have to do first—face it. I have to go to the office, or the kitchen, or the store, or the school or nursery, and face it. I have only to believe I can, and I

can. No matter how I feel, it is as I think that it will be unto me.

I can smile. Oh, yes, I can! It's no harder than scowling, if I only think that smiling and saying "Good morning" or "May I help you" cheerfully is something I can do, something that I should do next. Maybe it seems hard, maybe my face feels stiff, maybe I feel ugly and resentful and bitter and apprehensive. But I can smile, because it is within my power and comes next. Even if only to demonstrate to myself that I can, I smile.

I can write that letter of invitation, congratulation, condolence. Oh, yes, I can—even though it seems humiliating to accept criticism or explain neglect, or admit the justice of a complaint. Even though I have to admit that I am wrong, and that my correspondent is right, I can. Because it is right and comes next. Because it is justice, because it is fair play, because it is kind, it comes next. And I can!

I can make that appeal. Maybe I think I am clumsy, maybe I have failed up to now, maybe I do not know how to frame it or word it. But I can make that appeal for co-operation, for business, for peace, for understanding, because that comes next. Because what I have done so far has brought me to where that comes next, I can. No matter how I feel, I can.

I can think in terms of the interests of other people, of the acquaintance, the husband, the wife, the child, the boss, the competitor. I may be skeptical, I may feel sore, I may feel that such thinking is absurd. But it is ac-

cording to principle, so it comes next. And I can.

I can be clear, and concise, and courteous, and generous, and complete in my letter, in my approach, in my contact, in my vocation. Because that is according to principle, and comes next. I may imagine I am not so smart, so clever, so well equipped, as someone else. But it is simple to be clear, courteous, generous, thorough, when I do not try to be clever and superior and smart. And since it comes next, I can.

I can gain information, education; become an authority, an expert. It may mean research, it may mean humble listening, it may mean study and asking questions. But it is simple to learn when I am humble and earnest and industrious and sincere. I can.

I can master a technique, and carry responsibility, become adroit, win friends. I can. Everybody becomes helpful to me when he sees that I am trying to help him, when I do not try to make him feel that I am superior, when I just do my bit in the general job of promoting the general good. That is according to principle, and each comes about in order, in its turn, next, when I simply realize that I "can."

I can write, I can speak, I can guide my class, I can make my report. I can do whatever I have to do if I realize that I can, if I am not afraid, if I give my thinking to doing and not to worrying. And when I achieve a success, I shall know how I did it so that I can do it again, so that I can tell somebody else how to succeed.

Successes in sequence follow the efforts of the man or woman or child who believes that he "can."

Magic words! "I can." I can because I am endowed with intelligence, because I am informed about my task, because I have studied and listened and asked questions in order to learn humbly; because I have done each hour and minute what came next; because I have followed principle, no matter how I felt; and finally, supremely, because I have believed in those two big-little words "I can."

Maybe I feel that I have failings: poor memory, shyness, lack of schooling, poor health. But every one of these vanishes before the flame of fearlessness sparked by the magic thought, I can. I may not be clever, but perhaps I am better off, because I will depend on principle. I may not be skillful, but skill is only a matter of learning and practicing, which makes perfect. I may not be glib, but it is better for me to be sound. I may not be quick; it is better to be slow and sure. I may not know how it is that I can, but I can. I can try. And when I try what I dream I can do my "boldness has genius, power, and magic in it."

I can remember, I can please, I can make friends, I can build business, I can make my family happy, I can build a bank account, I can win the girl I love, I can have a home; I can deal with war conditions, I can adapt myself to circumstances—yes, and circumstances to my purposes; I can face it, I can manage it, I can take it—anything and everything—because *according to my faith so it will be unto me!*

And my faith is my belief that I can.

"There is no failure but never to have tried." All things come to him who tries, believing—I can. "We shall reap if we faint not." Fainting is believing that I cannot. The Creator endowed you and me with creativeness, with power to create. He has told us all we need to know about how to create success. "*Let divine intelligence be your guide,*" and "*act as if it were impossible to fail.*" Give thanks that your prayers are already answered before you ask. "As ye would that men should do to you, do ye also to them likewise."

Fear is the only enemy. "Fear not, only believe" in your own God-given talent, ability, adaptability, capability.

"God moves in a mysterious way

His wonders to perform,"

but His way ceases to be mysterious when we realize that He has made faith the great moving principle of attainment and achievement and success. Faith in what? In the simple conviction "*I can do all things in Him that strengtheneth me.*" I can.

Courage? Of course it takes courage. But courage is simply the by-product of the faith in the self which says, "I can." That is where courage starts, that is where faith starts, it is where success starts, it is where salvation starts.

How do I know that I can think this "I can" strongly enough to succeed? It is not a matter of forcing the thought *but of acting* upon it, "no matter how I feel."

Are you familiar with Kipling's famous poem "If"? The burden of it is

"If you can——" But difficult as it seems when you take all of his ifs together and face them all at once, there is not one of those things you cannot do or that you need to fear, if you take each alone in its turn when it comes next, and deal with it on principle, believing in the reward, and starting with just enough courage merely to begin acting on the thought "I can."

If you do that,
 "Yours is the Earth and everything
 that's in it,
 And—which is more—you'll be a
 Man, my son!"

It is the divine spark in man that says, "I can." It is his intelligence, his birthright, his privilege, his sonship! God made man in His image, a creator too. Man is made to create, not to knuckle under or evade or flinch. Man is made to conquer, to dominate, to

rule, to enjoy the fruits of victory. Whether you are man or woman, young or old, that means you. You are made to conquer, to create, to dominate, to find happiness in the work of your hands and the creations of your mind and heart: you—not somebody else vaguely typifying your kind. You who have the problem of getting up in the morning when you are tired, going to the range or the tub or the machine, writing the letter, teaching the child, making the home, thinking in terms of the other person's interests, living triumphantly, you can!

Try taking that thought and just living by it, acting on it, no matter how you feel, no matter what the circumstances. There is always a way; the "I can" thought finds it. There is always help; the "I can" thought uncovers it. There is always triumph; the "I can" thought achieves it!



MADMAN OF GALILEE

CLARENCE EDWIN FLYNN

They said that He was mad, because
 He rated humans more than gold,
 And lived by Truth's and Mercy's laws,
 And loved the children and the old.

They called Him mad, because He
 taught
 The poor and troubled all the day,
 And in the cool of evening sought
 A quiet spot in which to pray.

They called Him mad, because He
 claimed

That last is first and first is last,
 That loss is gain, and who has aimed
 At gain will lose when all is past.

Why did they claim His mind was dim?
 Because He did not think as they.
 And yet the whole world waits for Him
 To heal its maddened mind today.

BE STILL

BE STILL AND KNOW THAT I AM GOD. PS. 46:10.

HELEN SHAW-JOHNSTON

WHAT is this stillness into which I am invited, that promises to bring me into the presence of God with knowledge?

Was this what Job was seeking, when he cried from the depths of despair: "O that I knew where I might find Him!" We know how Job felt. We too have cried out in sorrow, defeat and despair. But Job found Him.

Yes, Job found Him, but not before He laid His hand on his mouth, silencing even his own defense of himself, and the opinionated arguments of all his friends. His friends' arguments were good too. They made many good points in their condescending accusations. Job's own thoughts in his defense were good, and his reasoning sound. But God has no need of human reasoning and logic, in order to be found by His children. God is, and He manifests Himself in knowledge, when a man is still enough. Thus it is that God can and does manifest Himself unto man, and not unto the world, as Jesus promised His disciples He would. "Enter into the closet, and close the door." There you are not a thinker or a reasoner; there YOU ARE, and there you KNOW that "I AM GOD."

Elijah sought Him too. He thought God was the whirlwind, but He wasn't. Then came an earthquake. But He wasn't in the earthquake either. And

after the earthquake the fire. But God was not in the fire. All of these eruptions are external. And after that, "A still small voice. . . . And Elijah heard it." 1 Kings 19:11.

What is the Stillness? The remarkable invitation to knowledge without thought? Knowledge without reason or logic? Knowledge without sensation of doubt and fear? Knowledge without even a shadow of perplexity?

We are not invited to be good. "God knows our frame; He remembereth that we are dust," and He knows our thoughts, that they have not been, and are not yet, very good. We are invited to BE STILL. In the stillness you will have no need of reason; you will know. Why do you reason? Isn't it because you are perplexed? After you know, do you reason any more?

Knowledge of God is not arrived at by human reason. Knowledge of God contains God's thoughts, and "My thoughts are not your thoughts; neither are my ways your ways." If your ways and thoughts were God's ways and thoughts there would be no need to Be Still.

Thoughts without knowledge lead to the whirlwind, the earthquake and the fire. The whirlwind of confusion, the earthquake of failure, and the fire of defeat. They are not YOU. They are only yours, because you made them.

When you have stilled your word, the mind still races on, thinking the thoughts you have been in the habit of thinking. They must be changed, but first they must be stilled. St. Paul tells us in Heb. 4:12 that God is a discernor of thoughts. And His word to us is "Be Still" that your thoughts henceforth may be without perplexity and confusion, because you will know. In this knowledge of God you will find the thoughts of God, which are higher than the thoughts you have been thinking, and the ways of God, which are higher than your ways.

In this divine invitation to "Be Still" you are not told to look to the past and find the God of Abraham, of Isaac and of Jacob. Sure the patriarchs found Him, and He was to them their God. But we are not urged to find Him because of what someone else did. We must find Him because we have a personal need of Him.—He comes to us bearing a familiar name, even the same name that we bear when we refer to ourselves alone. "Be still and know that I am God." I am the God that is. I am the only God, that always has been and that always will be, because I AM GOD.

Certainly I was the God of Abraham. Together in the stillness of the desert we founded the nations that are destined to seek Me in their needs, and to find Me in the stillness. I was the God of Moses, and together we formulated the laws that have guided mankind ever since. Men who keep these laws are honorable men; men who break them are judged by them.

I am the God that is. I am as pres-

ent in your environment as your problem. I am closer to you than the problem because if it is solved it will be solved by my knowledge, and if it is not solved you will judge it yourself by your own better knowledge. I have given you My Name; when you refer to yourself you say "I am" and the whole world knows whom you mean. When I refer to Myself I say "I am God." If you ARE, surely I AM!

What then is this stillness beyond word, beyond thought, beyond plan and ambition, beyond reason, beyond sensation, beyond the turmoil that shakes the human soul like a whirlwind and an earthquake, and sears it like a flame? These are not you; they are yours. Beneath them all is CONSCIOUSNESS. There you ARE, and there I AM. Sensations are the product of your thoughts and attention, but without consciousness could there be any sensation? Consciousness is not the product of your thoughts. It is not of your profound reasoning and logic. THAT is of God. And the name of that consciousness of yours is God's Own Name; the name He put upon you. "I AM."

"Be still and know that I AM GOD."

He Is All

God fills Heaven and earth,

He fills your body

And He fills your purse.

He is without

And He is within,

Just waiting for you

To recognize Him.

. . . REV. K. V. MARION



Introducing You to Power

SEVILLE HOPE

MRS. AND MISS AMERICA, let me present you! I want you to become acquainted with Unlimited Power and to realize that the modern scientific religious approach to life is of concrete value in these strenuous war-time days.

You can develop greater charm and do far more work, even under present conditions, if you know and use this marvelous Power which waits to be put to work.

It is the Life Force which surges through you. It is the Indwelling God.

As a business and professional woman, I can bring tested truths to other busy women. Let's talk things over for a few minutes.

In order to profit by this Life Force, it must be recognized, accepted and used. These are all mental processes. You can become a radiant, capable and successful woman at home or in industry, business or the professions.

The demands of war have struck the last shackles from you and other women. You now work side by side with men, and your efficiency is recognized.

But you must not lose your femininity. Beauty of spirit, charm and

poise are the marks of culture and must not be neglected. They will develop when the Inner Life Power is permitted calmly to up-well through your organism. This is basic. You cannot afford to be less than your best self. Consciously utilizing this Inner Power brings forth that "best" into charm, popularity and success.

Millions of American women are employed in war industries. Constantly there is a call for more. In every case, efficiency is a prime requisite. To attain and keep such efficiency, you need the help of this Innate Power.

Instead of driving yourself and forcing a weary body to the limit, just let the Life Force flow through you into efficient work. Think of yourself as an instrument, constantly supplied with unfailing Power. Let It do the work.

This is a scientific age, but there are a few simple truths of science which most of us have not yet learned to apply. When we do, we shall re-build our happiness, health and success. This idea of the latent Power within you and how to use It daily deserves attention.

Because I have used this principle

in hundreds of cases and proved its value, I feel justified in presenting it here—a bit of help to all who will follow it.

Here is a typical case. The name is fictitious but the facts are exactly as given.

Edith Rowell was completing a course of intensive training in one of the finest business schools in a large city. Because of her personality, character and culture, she was being considered for the position of typewriting instructor in the school where she was attending. But she was slow and inaccurate. Forty-four words a minute was her highest record. She could not expect the appointment, nor get a business position. The school had done its best, but she was a failure.

She came to me for help. Disappointment and fear had made her so nervous that she could not do justice to herself.

We talked quietly for a few minutes and then permitted our bodies to become as lazily saggy as possible. We let the arms swing loosely from the shoulders, the head to wobble, the spine to relax. We stretched and yawned repeatedly. *This was to release muscular tensions.*

"I feel as floppy as a fish," Edith remarked, as she yawned again.

Then, in low, comfortable chairs, we sat with closed eyes, breathing deeply from the waist line. Slowly we out-breathed and centered our minds on the Life Force which was surging through us. If that Great Power could run the universe, surely It was able to work through us in the practical matter

of typing. We agreed on that. *This was to assure us of Power.*

Soon all tension was gone.

After about twenty minutes Edith went to the typewriter and I gave her a five-minute test on ordinary literary material. For each error I deducted ten words from the total, yet she averaged seventy-nine words a minute!

She came one hour daily. The third day her speed was raised to eighty-two; a little later to eighty-six. On the fourteenth day she wrote with absolute accuracy 111 words a minute, on a three-minute test! *This was using the Power!*

She had ceased driving herself. Fear had gone. Muscles and nerves had become normal. She had recognized, accepted and used the Inner Power which before had been suppressed. Calmness and efficiency took the place of hurry and inaccuracy.

Five weeks from the day she took her first lesson in "Letting go" she began her work as typing instructor in the school. She had hundreds of students and they made outstanding records. In every class she taught relaxation. She carried her heavy schedule easily. Constantly she radiated the joy she found in her work.

After a few weeks I called at the school and talked with the President. He commented freely on her work and personality, then added, "We have made a real 'find' in Miss Rowell; she is doing a remarkable thing!"

She began on a good salary, made a place for herself in a school of high standing, was rapidly promoted and

continued to work happily and efficiently.

If someone told you about a certain vitamin which would do this for you, the drugstores would not be able to keep enough on hand to meet the demand. You would recognize that science had opened a treasure-house to you.

What I am advising is just as truly scientific. When practical spiritual psychology shows you how to use vast stores of Power, why not be equally eager to take advantage of it, even if the principle is new to you? Surely it is worth trying. What it has done

for hundreds of other women it can do for you as well. You owe it to yourself to make the test.

I challenge you to a month's practice of the following suggestions. You'll lose that tired look. Your nervousness will disappear. You will radiate charm. People will be at ease in your presence. More and better work will bring a higher salary. You will be a more attractive woman and a better American. Spiritual power will be functioning through you.

I hope I've introduced you.

(You might slip a word of advice to the man of the house, too.)

* * * * *

DRAWING ON THE POWER BANK

1. Spend five minutes each morning and evening in a room filled with good fresh air, relaxing all over, breathing deeply and happily, stretching and yawning.

2. Memorize these statements and say them aloud, putting into them all the joyous dramatization you can:

- a. The Life Power in me is unlimited.
- b. I can draw upon It as I wish.
- c. In the quiet of that strength I can accomplish anything I decide upon.
- d. For one month I will constantly use that Power.
- e. All fear and tension are gone; I am relaxed, calm and efficient.

(Month begins ———; ends ———.)

3. When you start any piece of work, take a half minute to remind yourself of your Inner Power and to let go all tension.

* * * * *

Celestial Promise

EDNA MAE NORBECK

I walked among the stars last night,
And from each brilliant ray,
I gathered strength within my soul
To face the dawning day.



Hate is a Boomerang

L. E. EUBANKS

“**W**HOM the gods would destroy they first make mad.” Whether these famous words referred to actual dementia or a fit of temper is immaterial; for the person who gives way to his temper is, in effect, temporarily mad, irresponsible.

Some quick-tempered persons advance interesting arguments of justification. I recently heard a woman say that she did not care to be a Chinaman, unresponsive to everything, that a person without temper was not normal, and so on.

It often satisfies our pride to show anger—which we like to call spirit, in such cases; and there are times when fighting back seems the natural and only course. But irrespective of the moral phase, it does not pay to get mad. Even the abnormal strength which rage lends to some persons is paid for dearly in a reaction of weakness and nervousness. “Anger uses up vital forces at an appalling rate,” says a prominent physician. “That exhausted feeling which comes over you after you have been thoroughly angry should tell you that you have in very truth ‘taken it out of yourself.’”

There’s another effect, too. A morning rage unfits you for work; most of us know that from experience. But

nevertheless you have to work; and you are forced to summon all your precious reserve of vital power in order that you may do what you have to do to make a living.

Mark that word “precious.” Your reserve vitality *is* precious, because it is that which carries you through illness and enables you to fight off disease. A wise commander keeps his reserves for emergencies, and you are the commander of your own reserves of vital force.

Grief, worry and anger are called the three mental plagues. In a way, anger is the worst of the three. Time cures grief, and it usually removes the cause of worry; but there is no time-cure for anger—temper grows worse instead of better, unless the victim **HIMSELF**, by his own determined and persistent effort, develops self-control.

Ill health is a prime cause of irritable temper in many cases. My advice to anyone with a tendency to fly off the handle easily is to look carefully to his health. It is extremely hard to look well and act well, to put on a pleasing exterior, when we are going to pieces internally.

Anger accomplishes nothing. You fire your verbal shots at the one who has angered you, but the recoil action

on yourself hurts you far more than the shots hurt the target. Anger always penalizes its user. Hate is a boomerang. A man in a rage is either amusing or repulsive, never effective.

Just above the kidneys are two little glands, the adrenals. Their secretion cannot be controlled by the will. When it is poured into the blood the amount of sugar will increase from thirty to forty per cent in a few minutes. An emotion such as anger causes increased action of the glands, and up goes the sugar content of the blood, preparing the muscles for conflict and battle! Men who are hating violently are in the same condition as those who are putting out their utmost physical effort; and without actual expression of that energy, why shouldn't there be a troublesome, painful reaction?

Anger, of course, is just another name for hate; we hate the object of our rage. Any person who "sees red" too easily is his own worst enemy. He is handicapped in everything, even games. I know golf players who might rank high in the sport if it were not for their gunpowdery tempers.

If these fellows were as disagreeable at all times as they are in a game, we would just cross them from our list of acquaintances and let it go at that. But many of them, under non-competitive conditions, are nice, companionable persons. One whom I know well is as fine a gentleman as you would care to meet, until you get him into a contest of some kind and he gets behind. Then look out for the fireworks!

Literally, to get angry is to poison

yourself. In this day a man isn't allowed to get a club, as the cavemen did, and destroy the person he hates; and the "hate poison" (preparation for battle supplied by the glands) is used subjectively—to injure and sicken the angry person.

I saw an angry woman, for the moment hating her husband to the exclusion of every other thought, deliberately throw herself into the path of a rapidly moving automobile! I read of a man who, in a jealous rage, hideously marred his wife's face as she slept, then killed himself next day when he saw what he had done. We have only to think of such calamities to realize the driving power of hate poison.

Both physicians and psychologists know that the trouble with many sick persons is in the disposition, and not primarily in the suspected physical organism. A "good hater," completely soured on everything and everybody through surrender to daily orgies of hating, is one of the hardest patients in the world to cure. Healers and educators of all schools agree on that.

That is, unless he will cooperate with his advisers. If he will, his restoration to the normal is assured, because anyone who will can at least modify his disposition. A real effort is bound to be rewarded.

An important aspect that many "good haters" overlook is the fact that the hated person does not drop dead, lose his money, suffer ostracism, and so on, as a result of the hate. Perhaps he doesn't even know about it; and if he does possibly he's enough of a philosopher to say to himself, "Let the

fool go right on hating me; it's only himself he is harming."

That is decidedly important; think it over a bit, if you are given to hating people. We have decided that such an emotion is detrimental to mind and body; now we can add that it defeats its own purpose. The hater wishes, above all else, to triumph over his enemy; but hating him, instead of giving the hater an advantage, has the opposite effect. He grows constantly weaker, less effective, less able to cope with the other.

And the enemy may be laughing at him! He can, with reason; for the person who habitually allows judgment to be warped by an emotion such as hate is not likely to offer much competition in the big battles of life. Really, hate should have passed with the privilege of its gratification. Laws have taken the place of weapons, and the vindictive one succeeds only in making himself ill and ridiculous. Looking back over the years, I can't think of a time when getting revengeful ever "got me anywhere," and I venture that your experience has been similar.

To be a "good hater," ready to become vindictive at even slight causes and remain that way for weeks or months, means that the person's perspective on life is fundamentally wrong. He can change his viewpoint if he will—by perfecting his health, fastening securely onto some fine, constructive life's purpose, and thinking less of self and his petty grievances and more of other persons' welfare and happiness.

I am reminded of the story of the two little country girls who sat in the doorway of a barn loft looking out over the beautiful landscape of forest, orchard, river and hill. Each girl held something to her eyes. "Oh," cried Sue, "the world is all rosy-colored!"

"No," said Ann, "it's all brown. Even the daisies in the meadow, the trees, old Whiteface and her calf, the man walking along the road, and the sky, yes, even the sky is brown."

"No, none is brown, they're all rosy."

After a moment each little child took down from her eye the piece of colored glass through which she had been looking, and they laughed to see how different the glass had made the world.

Does the world look rosy and bright to you, or dull and brown? It depends on the kind of glass through which you look. Of course this is figurative, but entirely applicable. In effect, you make a colored glass of your mind; everyone does. If you are a sad, discontented person, you always look through a dull, cloudy glass. If you are one of the cheerful, helpful, hopeful persons, you see the world through a rose-colored glass.

"Isn't this a terrible day?" moans Alice, looking out at the spring rain.

"It's a dandy day!" cried Larry. "This will fill the new pool I made for the ducks, and I'll bet the seeds I planted in my garden will all come up."

Get the idea? It's all in the sort of glass through which you look at the day. Select it with care.

PARAPSYCHOLOGY

EXTRA SENSORY PERCEPTION (ESP)

Reprinted by Permission from The Parapsychology Bulletin

Edited by Franklin Llewiss

Parapsychology Studio, Los Angeles, Calif.

PARAPSYCHOLOGY, the new science of Extra Sensory Perception, can be described as being a field of Psychology in advance of, or beyond, the common and usually recognized fields.

The word was coined, about fifteen years ago, by a group of investigators of Duke University at Durham, N. C. Prof. J. B. Rhine was the leader of the group.

Dozens of universities, in many parts of the country, now include parapsychology as a study.

Parapsychology has proved facts about man's potentialities, which demonstrate that he is a far more wonderful being than he generally suspects himself to be!

OUR "FINER FORCES" AND ESP

We are all continually applying the "finer forces" recognized and studied in parapsychology.

Consciously or unconsciously we make use of these powers in every activity we undertake.

Upon the skill and the intelligence with which we use them, depend our health and happiness in life, as well as our success.

The more we understand the subtle and mysterious faculties with which

we are endowed by nature as inherent gifts, the better we can use and apply them—not only as a means of serving our own self-interests, but also as a medium for serving others as well.

Extra Sensory Perception, which is commonly abbreviated as "ESP," is now generally accepted as fact by most well-informed persons.

The fact that there lies latent within each one of us a very real "sixth sense" power of perception that is totally separate and distinct from our five senses is deserving of much more popular consideration than it is receiving.

The usual limitations that govern sight and our other senses in everyday life are apparently held in contempt by this ESP faculty.

Some of our long accepted ideas on space and time are probably in for a revision, by reason of what is revealed by this new sense.

Distance, for instance, seems a negligible quantity so far as ESP is concerned.

Material obstacles, like buildings of brick or stone, are penetrated with the ease of light going through a pane of glass.

In the realm of time, likewise, ESP

plays strange and astonishing tricks, apparently looking at the past, present and future in a way peculiarly puzzling and baffling.

AMAZING POSSIBILITIES IN ESP

For some years past researchers at Duke University have been busy proving, by thousands of carefully supervised tests, the presence of a power in man that can influence the movement of solid bodies without physical contact.

Many stories have come out from the bombed areas of Great Britain relating to cases where the bombs dropped by the Germans were given "silent treatments" by the Christian Scientists, resulting in the explosive action being postponed, or nullified, as it were.

The Duke experiments would seem to lend credence to such stories.

Spiritualists, of course, for a long time, have claimed that they can move tables and other objects without actually touching them.

Impartial laboratory tests bear out and substantiate these claims to some extent.

When a great university asserts that the fall of ESP cards can be foretold *weeks in advance*, surely race track and sports devotees in general are entitled to wonder if winners of races, contests and so on, cannot likewise be named prior to holding the events.

If the incidents related in the book by Hamlin Garland, "The Mystery of the Buried Crosses," were true, as few will question, there should be a distinct possibility, even a probability, of un-

covering many a buried treasure, long lost and hidden from the sight of men, by the use of the same faculty of observation that Violet Parent as well as Sophia Williams employed.

Dr. Alexis Carrel pays a kindly tribute to the work done at Duke, in his "Man, the Unknown," and is convinced by his own personal investigation that man's ESP powers have extraordinary possibilities, in numerous directions.

Admittedly, the ESP faculty and others being investigated at many institutions are natural powers.

They are inherent in all humanity. They are doubtless found, in some degree, throughout the whole animal kingdom as well.

Obviously, they are given to us for use and enjoyment, like other faculties. No harm has ever been observed to result from their use under ordinary conditions.

Experimental work carried on at the Parapsychology Studio clearly demonstrates they are susceptible to "suggestion."

Not only can the ESP faculty be developed and trained by suitable suggestion, but also our commonly known and accepted faculties will show extraordinary improvement in many cases if stimulated by skilful suggestion.

SUGGESTION—A VITAL FORCE

A suggestion is nothing more or less than any impression which is accepted by the mind.

It may be consciously or unconsciously received, through any of our senses, including ESP.

Its effect depends upon what we have accepted in the past. Everybody is a walking reservoir, in a way, of past impressions.

Nothing is apparently forgotten by our subconscious mind. Everything ever experienced leaves its indelible imprint upon us.

Every new suggestion is, therefore, modified and conditioned in effect by many others already accepted and filed away.

Approval of the critical faculties is always important in order to make a suggestion effective.

Suggestions can, and do, hit us from all directions. Even people who are sound asleep, tucked away in their beds, are suggestible.

Drunk or crazy persons and drug addicts in a state of coma are by no means impervious to suggestion when it is skilfully administered to them.

FAITH—A VITAL ELEMENT IN ESP

A great Teacher once said faith even "as a grain of mustard seed" could move mountains.

Faith is really a vital element that is something like a catalyst in chemistry, and which can stimulate latent energies to an enormous extent.

In every human being, young and old, are tremendous reserves that are seldom drawn upon, but which, under certain conditions, can now be tapped and put to use.

We all live far below our level of capacity. None knows the real measure of his strength.

Thanks to parapsychology investigation, it is seen that the key to this vast treasure-trove rests in faith—and that faith, in turn, can be strengthened and augmented to a remarkable degree by suggestions of the right kind.

Few of us have ever stopped and given serious thought to faith.

The simple act of walking about a room requires faith. Remove the belief, the confidence, the faith in one's ability to walk across a room, and he cannot do it.

Suggestion can cause almost any normal person, in a matter of moments, to believe that he is unable to walk, and this belief acts as a paralyzing force. He cannot take a step, try as he may.

For the time being he is to all intents and purposes as paralyzed as any confirmed paralytic unable to walk for many years.

One naturally wonders if a confirmed paralytic might not become able to walk if suggestion caused faith to exert its full power.

In future Bulletins this matter will be given further attention.

ALL OF US NEED MORE FAITH! The only thing lacking, in the makeup of most of us today, is not ability, but the single vital element of faith.

And now, thanks to parapsychology, we know how to increase this vital element in anyone!

* * * * *

"MIND DIGEST" has scheduled another interesting article on ESP for next month.

Where Shall I Find ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦

BASIC TRUTH?

CARL HORTON PIERCE, A.B., S.S.D.

WHEN I was a young lad preparing for the university, my parents bought me a wonderful set of books on chemistry that was supposed to be the last word on that subject. Before I had finished one year in the university that set of books was obsolete because the supposedly irrefutable *science* of chemistry had literally been turned inside out by the discovery of the electronic theory. Thus the atom, which was supposed to be the smallest particle of indivisible matter, was found to contain whirling worlds within, comparable to our whirling planets around a central sun.

I said to a Pillsbury flour chemist, one time, traveling up towards Minneapolis: "Do you consider chemistry a science?" And he said: "Certainly." I said: "How is it then that you cannot tell how many particles of carbon or oxygen are going to attach themselves to each other in any given combination such as the carbo-hydrates?" And he shook his head. I said to him: "I thought *science* was supposed to be basic knowledge—unalterable, stable, fundamental, proven knowledge." He said: "That's right." Then, said I, "How can you call anything a *science* which is forever unfolding new phases and conditions?" He had no answer.

Science, to me, means something

basic; something you can depend upon; something you can put your finger on and say: "That is *real*; that is *true*; and you can absolutely put your *trust*, your *faith*, your *utter confidence* in what I tell you."

This question of: What can I rely on; what can I trust; what can I believe? is uppermost in the minds of humanity today. The confusing array of religious dogma and theoretical hypotheses of this, that and the other belief seems utterly confusing to the mind of the man or woman who would greatly desire, and who greatly needs, in this crucial hour, some ROCK on which to LEAN; some point on which to pin his FAITH; some place to put his feet and start right and stay right in thinking and acting.

I myself have hunted long and earnestly for this point of orientation from which I could start, as from a signpost in an unknown country, and say: "Now I am on my way to my right destination."

And this is what I have concluded: That "in this world of intellectual conceptions and misconceptions, there is NO WAY OUT, except by guidance from those sources whence only the emanations of God, Justice, Right and Permanence can come."

Now where is THAT, you ask? My

reply is: The Basic Truth comes from those Masters who have "attained," whose WORD is identical with the WORD of the Great Maker of the Universe; whose will is indissolubly His Will; and whose impartations and emanations to us radiate only the thoughts and conduct which are best for each one, individually, at his own stage of development and spiritual evolution.

You wouldn't advocate postgraduate subjects for a kindergarten child? You wouldn't expect a "young soul" to grasp higher metaphysics. Each soul has to have his own case tenderly handled by what you might call supreme Wisdom. Who is capable to administer this leading, guidance and instruction, unless it be a Master of divine understanding?

You say: Well and good, but where are we and how are we to contact and receive the instructions and guidance of these Masters? And my reply is: You first have to admit *spirit communication*. And how many are ready, today, to admit such communication?

The orthodox churches and their followers believe any such communication is "of the devil." Today, in England, they are imprisoning refined, cultured ministers of communication, under the Witchcraft Act of past centuries. The authorities in Great Britain call communication, "*conjuraton*." Parliament, the civil authorities, and those commanded to enforce the law, consider any attempt to communicate to be the equivalent of pretending to "conjure" up the spirits of the "dead."

The eminent and very capable mayor of New York City has openly vowed

to run every medium out of the metropolis. The churches are against communication, and naturally a very large proportion of the community is unaware of the very thing that would and can solve their hearts' innermost quest: namely, Basic, Dependable Truth.

So we repeat: How many, today, are ready to admit *any* spirit communication as possible, or practical, or advisable?

Suppose we say that you are, however, one of those who believe in spirit communication. You doubtless know the saying: As a tree falleth, so it shall lie. By which is meant, we believe, that a person who passes over to The Other Side of life knows no more when he gets *there* than when he left *here*. If John Smith knew little or nothing of metaphysics when he passed, would you expect him to be able to guide you and your family and its affairs rightly? Certainly not. Where, then, would you expect to find it?

My answer is: You will find it and obtain it from The Masters who have Attained. But you say: "I might admit communication with my mother or father, or relatives," and we say "Yes, go on." "But," you add, "everything I have read or heard indicates to me that THE MASTERS are utterly beyond our reach."

Well, they had the same idea about telephonic communication. Our little telephones, in early days before Bell brought out his newfangled contraption, consisted of two little mouthpieces attached to a string. You spoke into one and the extent of your telephoning was proportionate to the length of the

string, which ordinarily was about five or six feet.

But since about the year 1877 when the first telephones began to appear it has been demonstrated to you beyond peradventure that you can talk to ANYONE, ANYWHERE, with or without wires. So now you admit that telephoning, even to the far ends of the earth, is BASIC TRUTH. It has been demonstrated as a SCIENCE.

But doubtless you have not admitted to yourself that mental communication with ANYONE, ANYWHERE is also a basic truth, whether that person is on this plane or any other plane. This point is not generally admitted even by the Spiritualists themselves, speaking by and large.

So it is apparent that the next step, namely the testing and admission and the proving of communication with The Masters, even though you may believe in simple communications with the departed, is an absolute essential toward this effort to find Basic Truth.

And how shall we approach this step? It is very simple. Open your mind and heart to the subject. Say to yourself: If this communication with The Masters in the High Heaven world will solve my problems and end my confusion, then I'm for it, and I intend to test it out.

Then settle yourself comfortably in your easy chair and start in with any Master you choose. Let us say that you know more about Christ Jesus than any of the other Ascended Masters. So

you simply address Him and say: "Dear Master Jesus, I am opening myself to be a channel for your thought and guidance, from now on forever." Use any words you wish. I am merely suggesting your conversation with the Master Jesus.

Do this often. Learn to speak with this Elder Brother as you would converse over the telephone with your best friend. Ask his advice. Ask to be shown what to do and how to proceed with the problems that confront you.

Little by little you will come to have a most fraternal sense of relationship with God's Gracious Emissary, and what a sense of benign, unspeakable loveliness will be yours. Things that used to worry you will fade away into nothingness. Your health will improve as the former thoughts of apprehension are banished by the LIGHT that emanates from Above. The financial problems that concerned you deeply will iron out. And you will emerge from the maelstrom of conflicting ideas, that were so confusing you didn't know WHAT nor WHOM to believe, into the calm, strong, peaceful consciousness of TRUST and FAITH and CONFIDENCE.

All this hangs on two things. One is to admit spirit communication. The other, to admit that you CAN communicate with and receive guidance from The Masters. Isn't this very simple?

And who of us, with this simple solution at our hand for use, can refuse to try it?

Sickness and Spiritual Healing

Reprinted from "Mind Made Visible"

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K. RAM SAMRAS, PH.D.

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THE aim of all philosophy is to put an end to pain, yet ill-health and suffering are quite common in life. That we talk about and seek healing implies an unhealthy condition of body and mind. As a result, the science of medicine and surgery has advanced considerably and day by day hundreds of practitioners are entering the medical profession. Drugless physicians, dieticians, chiropractors, and healers claim a place in this field. Obviously the human race seems to be distress-ridden in spite of its army of healers or pill-peddlers.

The situation does not look encouraging, but it should frighten no one. This is not a perfect world, nor is human nature infallible. As every move has its cause, every disease has its cure. Despite imperfections in the world, there are methods by which instantaneous healing is possible. The secret lies in understanding the nature of affliction and the condition of the patient.

Before going into the details of physical disturbances, let us try to understand the place of the human body in the scheme of nature. A physician may have his own view on this matter, and a theologian a different idea on the subject. One may refer to the investigations of science and the other to the authority of religious books. The most

appropriate views will, therefore, be those of the philosopher who believes in the unity of all religions and gives due credit to the investigations of science.

THE HUMAN BODY

Generally speaking, our body is a microcosm in the macrocosm, a little universe in a large one. With all its gross, finer, and subtler parts, it is functioning on the same principles of intelligence, consciousness, and force as the macrocosm with all its innumerable solar systems. The body has its streams of blood, rocks of bones, gases and various subtle forces in the system. Just as the universe is subject to laws of change and mutation, the body also responds to various influences. So long as all the forces work systematically and harmoniously, there is equilibrium, peace, and good health. When the system is disturbed, an upheaval appears in the form of a disease. This means that the inharmony in the system has interfered with the regular functioning of the life forces.

As long as the life force flows normally through every cell of the body, no disease can invade the system, and if in a diseased body the life force is made to work normally, good health is the result. This, in short, is the principle on which all medical or healing

sciences are based. When a physician prescribes pills, chemicals or drugs, he aims to eliminate the impediment that interferes with the operation of the life force. The spiritual or magnetic healer also strives to overcome the disturbing forces in the body in order to assist the life current to resume its normal functions. For those who understand metaphysical truths, it is not hard to believe that instantaneous spiritual healing can be just as sure and effective as any form of cure.

DISEASE AND IGNORANCE

Some of us are too stubborn to realize that most of the ills of the human race are due to ignorance and misunderstanding. We must know what we eat, where we go, and how we work our system. As a candle burning at both ends will not last long, a man active in worldly pursuits day and night cannot expect to enjoy good health for long. Like every living thing the human body needs care—proper food, rest, and exercise. Even the green lawn around the house will dry up if not regularly watered. Your automobile will need medical treatment from a garage mechanic, if you overwork it or feed it with wrong oil, gas, or grease. This is the simple truth, but most people take little notice of it and continue their careless ways. The result is not encouraging.

Individual carelessness which springs from lack of understanding or discipline becomes a menace to society. Contagious ailments developed through ignorance are often conveyed to others more or less sensitive to surrounding

influences. Thus they bring misery to some and burdens to others. An understanding of the delicate nature of the human system, of how to take care of it, greatly reduces the possibility of disease. But the difficulty lies in the irresistible appeal of pleasures of the senses.

According to a common belief, about ninety per cent of disease automatically vanishes in the course of time; the rest need some degree of expert attention. Actually people "see the doctor" or healer for every minor ailment, and sometimes they have something in their imagination that compels them to ask for help. Some wealthy and lonesome individuals call young physicians for medical advice for no actual ailment whatever, and in time they fall victim to a real disease in which regular visits of the expert become indispensable.

Do you sometimes reflect on the condition of the human race? It is beset with all kinds of problems and difficulties, practically all due to ignorance, misunderstanding, and false pride. There is an absence of yearning for truth and wisdom. If the desire to know the truth were as strong as it is to exploit, rob, kill, and control others, the world would be a paradise where even the angels would apply for residence. There would be no trace of disease, no sign of pain, and no thought of disturbance. All would be health, wisdom and happiness.

That would be an ideal world comparable to the Garden of Eden. Is that possible in this day and age? Perhaps not, but, nevertheless, it is always elevating to work toward an ideal. There-

by man maintains his dignity as the best of creation, capable of recognizing his Creator; he must keep higher ideals as his guiding stars. He may err daily and suffer from wanton mistakes, but if he gives up adherence to ideals in life, he will reduce himself to the level of the lower animals.

COMPLETE PERSONAL DEVELOPMENT

In order to work for an ideal, one must keep in mind an all around personal development. A diseased body may sometimes contain a bright mind, but is not conducive to spiritual happiness. Spiritual healing, therefore, must aim at the healthy state of both mind and body. Otherwise, if one has a healthy, robust body, but poor mind, he will not understand the principles or ideals of life; if he is physically strong and mentally brilliant, but given to material pursuits, indifferent to spiritual aims, he will be unable to find real happiness in the world. We must, therefore, cure all ailments of body and mind, and rise to the condition of the philosopher's freedom from pain.

METHODS OF PHYSICAL HEALING

First of all, just to be sure of health, one may make use of the prescribed, accepted, and conventional methods. After all physicians as well as healers possess experience and knowledge, universal in the scheme of life, and a large number of people have faith in them. Moreover, everything in nature—solid, liquid, or gaseous—derives its property from certain invisible sources, and everything has some kind of healing effect. If you have faith in drugs, you

may see your doctor or physician who will prescribe a dose of medicine to remove the unhealthy condition of the body. This practice is most prevalent, for, after all, the world is overwhelmingly materialistic.

Other methods are equally effective according to one's belief. Some take herbs in preference to drugs, for, they say, the herbs contain nature's life-giving energy in its purest form and stimulate one's inner power of resistance to disease. There is no doubt that by this reasoning half of the trouble vanishes as a result of the confidence in the cure. The other half is overcome by the healing properties of the herbs. You must remember also that the extract that comes out of herbs is rich in elements that add strength to the vital organs of the body. The properties of herbs vary from mild to most intense and deadly, and they have been used with good effect for centuries. Herbs are not delusions; they are just as effective as any chemical.

There are also chiropractors, drugless physicians, and dieticians. The chiropractor treats his patient by readjusting and stimulating his vertebrae, in which, according to expert belief, the function of the nerves is temporarily disturbed. As a result of this disturbance, the body begins to suffer. The chiropractor, therefore, gives his patient a massage on the spine and relieves the pressure on the afferent nerves.

The dieticians advocate a simple healing method. The food is examined, its properties analyzed, and it is served according to the condition of the pa-

tient. There is no doubt that if we take simple and proper food, we can enjoy uninterrupted health. Many ailments are directly due to wrong food. Unmindful of consequences, people indulge in unbalanced diet, rich in pastries and fats, and do not counterbalance it with fruits and vegetables. Intemperate use of intoxicating liquors is also harmful to general health and in time ruins the system. The work of the healer in such cases is to regulate the diet and to give the patient the same healing strength from food as he gets from the physician's drugs. Some injurious items are replaced on the menu by others necessary for the health of the individual. The system begins to function normally when the life current flows in all the organs of the body.

Regular diet and proper care of the body are absolutely essential to good health. Exception to this rule will be found only in the case of highly advanced individuals who have attained to self-mastery. Food and environment have little effect on them. The average person, however, is likely to be upset after a minor irregularity in food, but the advanced yogi can swallow even poison with no ill effects. Whereas the yogis have realized the secrets of life, the common man, accustomed to material pleasures, is groping in the dark. In order to rise to self-mastery, start with the improvement of the material side of life.

NON-PHYSICAL HEALING

In addition to physical means of healing, there are magnetic, psycho-

logical, and spiritual healings in which neither drugs, herbs, nor vitamins are used. These methods of healing are based on the principle of the mastery of mind over matter. The physical body cannot be ill if it is under the control of the mind. The healer talks to the patient, looks at him, and through his power of concentration strengthens the curative efficiency of the subject's mind. During conversation the patient is subject to auto-suggestions, which help him overcome his condition. It is the dynamic power of will that primarily works in such healings.

Some attach much importance to spiritual healing and say that it works instantaneously through God's hidden ways. Of course it does work according to the immanent laws of the universe. The system of the universe is also operated on certain higher principles and regulations, and any infringement or violation thereof will cause a reaction. The force of gravity will attract, fire will burn and water will wet. Similarly the disintegration of food particles in the body will produce reaction according to their chemical properties. Unless there is an equally strong counterbalancing force, the effect on the body will be unsatisfactory as the food will not be assimilated. In that case the task of the spiritual healer would be difficult. As the patient has broken the laws of health, he will suffer from his ignorance. If, however, he has a strong faith in the power of the healer, relief will be instantaneous, not because the irregular condition is removed by a miracle, but because it

is overcome by the mind. The dynamic will and power of the mind are, in the final analysis, manifestations of the Supreme Reality that work in various ways in the universe.

To illustrate the idea of faith, take an example from the world of science. The broadcasting station broadcasts and the radio receives messages and programs. If the radio works well, reception will be normal, but if either the radio or the broadcasting station is out of order, there will be no reception. In spiritual healing, the result depends upon the power of the healer and the degree of faith of the patient. Christ performed miracles in the realm of the spirit according to His degree of spiritual development. He raised the dead and healed the sick. The healing vibrations that He gave out traveled with such force that they overwhelmed the minds of His people. As they already had faith in Him, they received the full benefit of His powers.

HEALING ONE'S SELF AND OTHERS

Everyone can work and develop spiritual powers capable of healing any condition of the body and mind. Start with the simple rules of life and work your way upward to the realm of spiritual growth. Get your own radio in order and tune in with your soul. That will be the beginning of realization that you possess great potential powers; hence the beginning of wisdom.

By following these methods you can change the course of your life. You will develop so much power that you will be able to solve others' problems

through simple suggestions. Some of the people who need help need only to be roused; they are asleep. Others are to be guided. There are many who merely think they are helpless, sick at heart, worried, and confused; they can be easily heartened and turned to successful ways in life. Some are victims of injurious habits, which they are unable to break or overcome; they can be helped out of the rut. You also come across people with a wrong attitude toward life, sometimes bitter, sometimes hopeless. They suffer from hallucinations in the darkness of ignorance. When their ignorance is dispelled, they are freed from the shackles of wrong habits, and their latent, hidden powers are aroused. Your simple mental conversation, a little suggestion and a word of sympathy will work miracles in these cases. The power of the soul is great.

A man of high spiritual development is necessarily a man who has applied knowledge in the problems of life. Applied knowledge is wisdom, which leads to illumination. From every word from his mouth come vibrations of spiritual healing, and his thoughts, full of wisdom, penetrate fast. His very presence becomes a source of power to others; hence his association will be of great benefit. Although every soul is a dynamo of power, the soul of the man of illumination works wonders in burning up disease and building up shattered hopes. His simple touch also acts like a healing balm.

Laying on of hands for healing is considered an ancient method. It is

true that as the sun sends its rays of variable healing quality, men impart their vibrations through touch. Every individual has some magnetism and a certain amount of electricity, which can travel even without physical contact. Yet the healing method through touch is based on the power of concentration of the healer and the patient. As the rays of the sun passing through a lens burn the object on which they strike, the power of the healer flowing through his hands tends to destroy the disease in the patient. On the part of the patient there is also an intense degree of confidence that he is being healed.

DEVELOPING HEALING POWERS

There are many ways to develop spiritual healing powers, but you must follow the one you like best. From the elementary physical exercise, proceed toward the workings of the mind. Study your own thoughts, and psycho-analyze yourself. Keeping an eye on the physical side with respect to proper breathing, drinking, and eating, examine your habits. Cultivate feelings of love and compassion. As you will realize, God, the source of all good, is also the foundation of all love. These are the precautionary measures and the preliminary constructive suggestions.

When constructive, wholesome thoughts come from the mind, there is no feeling of disease. There is no desire to overeat and no craving for over-indulgence. One automatically gains control or partial mastery over appetites. After all, most of the time we act as we think, and if the mind is alert with constructive ideas, our habits and

daily activities will be properly guided. In a regulated life, therefore, there is every reason to enjoy good health.

Although man is always tempted by the forces of evil and inertia before which his will power often gives way, he must not get discouraged. His aberrations should open his eyes to his weakness, and his troubles should bring out in action his finest qualities of manhood, such as bravery, tolerance, sympathy, and self-abnegating loyalty. Everyone has his difficulties, and one who claims to have had none does not know what life means. If there were no trouble, there would be no appreciation of enjoyable moments and no desire to seek the Supreme Reality. It is in times of stress that man looks for help from the Invisible and feels encouraged. Difficulties in life make him appreciate human values and force him to put forth his best efforts, which bring out the best in him.

Trouble through ill health or ignorance may be one's turning point in life. It may mould his thought process and make him an artist, a poet, a philosopher, or a saint; or it may turn him into a soldier, a business man, or a philanthropist. All great men in history have seen difficulties and learned their lessons from experience. Ill health, disease, or aberration, all resulting from ignorance, should by no means, therefore, retard one's program to a useful career. With courage and perseverance we must prepare for mastery over difficulties and aspire to success. The fire of determination and understanding will burn and remove all barriers to the goal of happiness.

PERSONALITY and POST-WAR PEACE

ANNIE S. GREENWOOD

PART 1

Preparing For CO-OPERATIVE PEACE

Weapons Win the War but Personality Promotes the Peace

A Slogan for Each Week of This Month

1. My Personality Controls My Success.
2. My Personality and Happiness are Tied Up Together.
3. I am Starting my Post-War Success Now.
4. Personality is What *I am*—Expressing Itself.

(Clip this card and carry it with you.)

You have an important part to play in the on-coming peace! Are you fully prepared?

As American citizens we are doing all we can to hasten the end of the war. It is just as necessary that we make every possible effort toward promoting that peace which shall put into practice the brotherhood of man. One of the most important steps we can take in this direction is the development of an upright, tolerant, kindly and Christlike personality. These brief studies are for the purpose of securing that development.

For each week there is a simple, practical exercise or experiment. Every one has been thoroughly tested and found worth while. They have been

endorsed by thoughtful, forward-looking business men. They work!

These studies will take you one step further each week, through scientific and psychological use of the principles taught by Jesus when applied to everyday living.

Your success lies in your personality and is therefore under your own control. You can develop whatever qualities and habits are needed to make you desirable as an employee, a co-worker, an executive, or as a friend and to assure your prosperity and happiness.

Looking forward to the on-coming peace, you want to be able to make money, secure advancement of your plans, surround yourself with friends,

and fill your life with worthy achievement.

Modern research, through extensive surveys and tests, proves that your most valuable asset is a personality of charm and geniality, of kindness and of interest in others. This is something that cannot be bought nor received as a gift but each person can cultivate it for himself.

No, you are not born with a good personality! You cannot inherit one! It does NOT depend on a high I. Q. We are all equal in this respect and it is for each of us to decide whether to build richly satisfying lives through this success-bringing power or to choose the slow, rough road and try to succeed by sheer hard work.

The post-war world will present us with many a challenge. For some it may bring easy money, but money without happiness is a cold, hard thing. Let's choose the happy way of not only abundant supply but the plus of happiness!

A delightful personality is the foremost factor in success and it is something we can all attain.

All right, let's go! This is a game and the first move is yours:

Write—"I am Starting my Success and Happiness right now, and I am Glad about it!"

Carry that in your purse or pocket. Look at it every night and read it aloud five times, joyously. IT'S IMPORTANT. DON'T FAIL YOURSELF!

SECOND WEEK

PERSONALITY AND HAPPINESS

A good personality and a high degree of happiness are tied up together. If you want one you'll have to have the other also. And happiness means success! That is why we started last week by writing them down together and claiming them every night.

What happened? Seven times five is thirty-five. If you sincerely and happily said it thirty-five times you must have formed a habit and *felt* some of that happiness. A habit of any kind, when connected with a *feeling of happiness*, is the way to set your inner power to work to bring the desired result. That power lies below your conscious reasoning mind. You have already made a vital contribution to your present and future success.

That's good business. I hope you did not fail yourself!

Dr. Henry C. Link, noted psychologist of New York, has interviewed and helped thousands of men and women and has conducted nation-wide tests. He is an authority. He finds that happiness depends on a personality which makes people sociable, co-operative, friendly, interested in others, genial and willing to accommodate.

He believes that the person who cheerfully sets aside his own wishes to please others finds greater happiness than he would in doing what he had desired. Such little things as this, he asserts, are what build the personality that *compels success*. That's what interests us, so let us resolve to make

ourselves both happy and successful!

The simple little exercise given each week will gradually bring this result, IF YOU DO YOUR PART!

Don't mention it to anyone, but

quietly side-track your own little preferences three times this week to do a kindness to some other person. Continue to use last week's statement, too, so that you will be ready for No. 3.

THIRD WEEK

PERSONALITY AS AN OBJECTIVE

Well, did you give yourself those three satisfaction thrills last week? If you did and if you have formed a mental attitude of "I AM STARTING MY SUCCESS AND HAPPINESS RIGHT NOW AND I AM GLAD ABOUT IT," you have made a good beginning. You are on your way.

Seeing this week's title, perhaps you remark, "Personality isn't my objective! What I want is post-war financial success."

Why, of course you do! That is what we are aiming at. But you cannot get into a room until you open the door. You cannot stroll the shady walks nor pluck the flowers until you have walked through the garden gate. You have to come in before you can eat the delicious dinner that awaits you. The doorway to the financial success you want is Good Personality. Intelligent men and women all over America are paying attention to its development.

The person with a well-developed personality has automatically built within himself the qualities that command success.

After all, success is only a by-product. What a man is, is what counts; that is what assures him of his success.

To attain anything there must be the right preparation. To reach a certain port we must board the ship that will take us there, and the most directly, too.

The development of your highest personality is the great objective of life; all else that is good will follow in the right order. We shall consider that next week. For today, take this prescription. Compound carefully and use regularly:

- 1 part Cheerfulness
- 2 parts Thoughtfulness for Others
- 1 part Tolerance of Other People's Opinions.

Mix well and apply freely to every confusing or unpleasant situation. It's a remarkable remedy if used faithfully and with perfect belief in its healing power.

If post-war peace, happiness and success are to prevail we shall have to use this formula far more than ever before. Let's be getting ready now for that better world of tomorrow. It will be a better one only if and when each person does his bit in making it so.

Next week we shall study what personality really is.

FOURTH WEEK

WHAT IS PERSONALITY?

Did your prescription work? I knew it would! It's simple, but it heals most of the ills of life. Keep right on using it; you will soon learn to rely upon its effectiveness.

Now let's consider what personality is.

"Personality is what a man *is*—vocalizing itself," says Dr. Axel Karr, President of the Personality Institute of Chicago.

By "vocalizing" he does not mean merely speaking. He intends to include all types of expression—appearance, gestures, manners, attitudes and actions, as well as words. That gives "vocalizing" fine broad interpretation and adds greatly to its significance.

"Personality is what a man is." But what *is* man? In the highest sense, man is a son of God and must therefore have inherent within him those God qualities which, when brought forth into expression, make up the sum total of perfection. He is made in the image and likeness of God—made so that potential within him is that perfection which is Godlike. Dr. Karr has put into very few words a statement of most profound importance.

He implies that to develop the high-

est possible personality is to cultivate and bring out into expression all those attributes, qualities, attitudes and habits which make man most nearly like the God who is his Father. To build such a personality is truly the Great Objective of Life.

Now that we have linked our business success and happiness to the highest kind of life's expression, we want them even more than before. And we can have them! Knowing what personality really is, we go bravely toward its achievement. Next month we shall consider some of its practical aspects.

For this fourth week may we let the quality of Gratitude express itself daily. *List twenty-five things for which you are thankful.* It will do you good just to write them down.

This is the next step as we aim toward post-war peace and our own individual happiness and success. As we advance, the highway widens and leads us through delightful scenery.

* * * * *

Part 2, another interesting and helpful article of this series, entitled "FRIENDSHIP THAT PAYS," will be published in next month's "Mind Digest."

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LIGHT ALWAYS FOLLOWS DARKNESS

Why not close our eyes in sleep while the tempest of night sorrow plays and dies——

with the faith that the morning brings the sun through whose rays all

things smile and live,

and who beckons the lost onward toward the landmark of their destination. . . .

JOSEPH SADONY . . .

THE BACKGROUND OF TILAK OF TIBET

"THE REMARKABLE SEER"

Whatever the Individual is, That Seeks a Master, That is What the
Individual Will Find

ANN HACKETT

Reprinted by Permission from the PSYCHIC OBSERVER, October 25, 1944.

ABOUT the year 1,000 of the Christian Era, *Tilak of Tibet*, who was nearing fifty years of age, looked out over India and China, the two old nations of Asia.

In his mountain retreat, Tilak carefully studied India and China. With the clear vision of a seer, Tilak discovered that the people living in India, and the people living in China, were dwelling in the midst of a former greatness.

The people in these countries were carrying out, in their daily lives, obligations that had not been discharged at an earlier time in previous earthly lives. The people represented a declining humanity who had foolishly in the past *put aside personal responsibility*.

AN INDEPENDENT THINKER

The people in these old nations turned, for all that was best in art, architecture, literature, philosophy, metaphysics and music, to the past—to the past greatness of India and China, when great workers in the many fields of creative and aesthetic effort had lived and had brought to earthly life the good and the beautiful.

It was only here and there, and at wide intervals, that *Tilak* discovered an independent thinker, an independent worker. The vast populace of both nations but attempted to copy that which had been left, understanding not that which they copied, knowing neither the symbolism nor the portent of the great works that had still retained some of their original power.

ONE IN 5,000,000

Tilak then viewed Europe where masses and nations were struggling for wealth, power and control of land. The people of these nations also turned to the past for their architecture, philosophy and metaphysics. The nations of Europe, the people of the nations of Europe, were building up obligations that, in the future, they must dispatch.

The people of the nations of Europe so lived that in hardly any nation could a philosopher, an architect, an artist or a musical composer get through. *The people of any nation must prepare collectively, by a collective yearning, to draw into earthly birth any soul that can add beauty to earthly conditions in any field of human effort.*

Tilak discovered that in ten thousand years in earthly life there had moved among humanity but eleven thousand ministers to beauty—the philosophers, the poets, the artists, the architects, and the composers of sweet music—one a year in known recorded history; one minister of beauty to every five million human beings.

WHO ARE QUALIFIED?

And yet today, many seek Masters and Great Teachers—Identities whose powers transcend the powers of philosopher, poet, artist, architect or composer.

Whatever the individual is, that seeks a Master, that is what the individual will find.

What the individual is, is seldom what the individual seeks. *The seeker and that sought are separated by debt.*

Many seekers readily admit that to become a great artist, that to become a great composer, that to become a great musician, would take unnumbered years of preparation, even unnumbered lives—and yet *the same seekers expect to be fully qualified to meet a Great Teacher in a few weeks, or in a few months after the individual has scanned a few multigraphed lessons, or has received a diploma from some metaphysical class.*

CAUSE EVER THE SAME

Such individuals have a common history—*when their bodily organs begin to give out their metaphysical interest begins.* When every sense has been dragged to the ground, psychic wings are sought. This would be a

comedy if it were not for the tragedy woven with the attempt.

Every period has its confusion and discouragements—yet the cause is ever the same; for the confusion and discouragements are brought to pass by mob thinking, mob appetites and mob pleasures. This represents ever collective mediocrity.

The individual's physical body can only assimilate the food needed for its proper functioning, and as each individual must find the foods that meet the individual's bodily requirements, *such also is it with the individual's mind.*

LEARN WHAT YOU CAN USE

The mind cannot be continually stuffed with ill-related subjects, stuffed with sweet mysterious nothings, and remain a healthy, satisfied, thinking mind. *It cannot be too often repeated that it is only what the mind assimilates that nourishes the mind.* What the mind does not assimilate becomes confusion.

Should an individual attempt to learn much more than the individual can use? It is what the individual properly uses from his or her store of knowledge that brings peace and contentment to the soul.

There are many great books in the world, books that contain helpful teachings. In a long life, an individual can read but few of these great books. It is only what the individual mentally digests of that which the individual studies that remains with him, that nourishes him, and makes possible his mental growth.

PUPILS BORN CONTEMPORARIES

Should not individuals stand free from subjects which never enlighten, but only mystify and confuse?

It is what an individual uses of the better things that ultimately leads the individual to his or her Teacher.

When a Great Teacher is born among men his pupils are born as contemporaries. Humanity has not so lived that, in any period, is the condition present wherein many Teachers can take birth, or can many pupils. The preparation required to meet a Teacher is great, indeed.

Such preparation requires the best in the individual to become continually active—and for the individual to know the best requires unnumbered lives of self-study—many lives of individual responsibility.

WHERE GREAT POWER LIES

Few at any period care to assume individual responsibility. Too many are only too willing to fall back on church, society and associations that appear continually and are willing to accept for the individual responsibilities that belong only to the individual—*assume such responsibilities for a price.*

Such organizations will ever be with humanity as long as human beings believe that such organizations can assume the individual's responsibilities.

When the individual is ready and willing to assume the responsibility belonging to the individual, he is then taking the first step toward a Teacher—a Teacher who will require that the pupil take on even greater in-

dividual responsibilities, *for in the responsibilities assumed lies the Great Power.*

DEBTS MUST BE DISPATCHED

A Teacher ever points out to a pupil familiar landmarks—signs that have guided all pupils toward a greater realization of the purpose of existence and the individual responsibility that must be assumed by the pupil.

HIDDEN TEACHERS

The pupil is early shown that he or she is heavily in debt to manifested life; indebted to other individuals that in their way have assisted him or her toward the truer values of existence. Such debts must be dispatched. This requires living in the conditions where the debts have accumulated.

The pupil lives in such conditions knowingly, and willingly discharges such obligations as they appear in his or her life. In the discharging of such obligations there is no crying, no lament, no endeavor to place a personal debt upon another's back.

Throughout earthly life at any period it is only those *that are willingly, even gladly assuming every responsibility for everything that enters the individual's life that are pupils of a Hidden Teacher*—a Teacher that often prompts the pupil to assume more and more responsibility, that such responsibility may assist in the discharging of accumulated debt.

Should not every individual realize that he or she has arrived in earthly life, in any given earthly circumstance, only through the unknown and often

unwilling assistance of innumerable other individuals?

An earthly life should be to every individual a privilege, for so much preparation has been needed to bring it to pass—a preparation that would transcend the present understanding of the great majority of human beings.

LIMITATIONS OF ORGANIZATION

No human being is haphazardly thrown into any nation, or thrown into any family. *The human being is placed where the human being's debts have accumulated, and where the first payment is being demanded of the individual.*

It is only when the payment of debt is postponed that fear can enter. When fear enters the individual attempts to shift his or her debt. This represents the height of folly.

Many organizations have waxed excessively fat by accepting an obligation that is owed by an individual. The individual pays such an institution well for such an assumption—but fear remains with the individual.

BEAUTY OF RESPONSIBILITY

In after years, in after lives, an individual has paid institutions to assume his or her just obligations, the individual's fear has become mountainous, and the individual appears as but a fleck against his pile of fear. This has permitted every superstition to creep through the human family. *Superstition is the dark cowl worn by fear.*

Beauty is the cloak worn by responsibility. Nature is ever held up before mankind as a colorful garment of re-

sponse to *Natural Law*. In this the inanimate has been the Great Teacher of beauty for mankind. *There is not a single fear to be found throughout nature.*

Within, every individual should have a self-planted garden. The flowered arch of this garden is responsibility.

POWERS WITHOUT LIMITATIONS

How can any individual place an unjust blame against his or her forebears that are unrelated to the individual's debt? These forebears the individual knew not. Individuals that lean on environment permit debt to accumulate.

In the Inner Garden, growing close to the arch of responsibility, is the flowering hedge of purpose. When an individual lives with no aim or purpose, the individual is moving with the mob of accumulators; a mob that is accumulating everything that is depriving their members of self-consciousness.

They have become a mob consciousness, and are moving afield from life's signpost.

Tilak had paid his debt to the peoples he had moved through, and, as the seer, high in his cavern retreat in the *Himalayas*, *Tilak* sought to assist others to discharge just obligations, that others could then know themselves the souls with powers that were without limitation.

LIMITATION BINDS

Whatever has limitations binds. A limited individual is bound.

It is only that which disturbs the

individual that the individual does not need. What the individual needs comes to him or her with song. Everything that disturbs the individual is a phantom that has been reared when the individual sought those things that could but add to further folly.

The higher an individual ascends the

smaller the individual will appear to others—to those that still use clipped wings.

Innumerable physical lives of individual responsibility formed the background of *Tilak of Tibet*—the only background that *Tilak* needed to carry forward his great service to others.

As a convenience to our readers the book "TILAK OF TIBET" (\$2.50) or any other book quoted or mentioned in "Mind Digest" may be ordered directly from our BOOK DEPARTMENT.

Send your order with remittance, including 5c postage for each book to

MIND DIGEST, YORK, PA.

VICTORY AND PEACE

A Prayer

THOMAS SUGRUE

Father, we now are flung to the far side
 Of the long arc that holds us in Thy sight.
 We must return, or perish in the wide
 And freezing heart of universal night:
 We who have murdered, beaten, and betrayed
 Our brothers; let their bodies out on loan
 For shovelfuls of dirt and chips of stone;
 Sold them, and for their sinful spirits prayed.
 We who will buy a woman anything;
 Who decorate the monuments of thieves;
 Who bleed the maple of her sap in spring,
 And in the autumn burn her fallen leaves.
 We must return or perish. In Thy grace,
 O God, believe again that we will cease
 Our mischief; keep us turned against Thy face
 In faith, and grant us victory and peace.

BOOK REVIEWS

LIGHTED PASSAGE

BY HOWELL SMITH VINCENT. Dorrance and Company. 240 pp. Cloth \$2.00
BY THOMAS SUGRUE

Mysticism has played so little a part in American Christianity that the tendency is to regard it with suspicion, classifying it as a general definition of fortune-telling, black magic, and malefic shenanigans of all sorts. Recently in a large Southern city a drive was instituted to clear the community of "mystics," and palmists by the score were exiled. Cotton Mather, equipped with the same delusion, inspired the elimination of an interesting strain of clairvoyance, setting forth the proposition that whereas the devil may manifest unnatural powers through the medium of human beings, God cannot. The thesis did not originate with him, of course, but Salem was a good transplanting ground, and the seed spread throughout the land. In the present era of religious indifference people with mystical leanings are regarded as mildly batty and left to their eccentricity, provided they do not practice it in a manner considered harmful to their neighbors.

It is a hopeful and a cheering sign, therefore, to find a member of the orthodox Protestant clergy concerning himself with mysticism in its basic form, the attempt at union with the Creator. Dr. Howell Smith Vincent labored in the missionary field for many years, pioneering in the industrial missions of Siam, teaching the natives to tan leather and make leather goods. Later, in China, he conducted a department of applied science at Yenching University. During all this period he was devoted to the propagation of his faith on the practical and very American notion that the actuality of a better life on earth is evidence that the promises of heaven are real; i. e., the native was shown how to be happier and richer in this world, and encouraged to infer from this that the same would be true in after life if he embraced Christianity. There was no deception in this, since an improved economic condition fosters a widening of the mind and temperament, so that metaphysics, like a woman, enters a man's heart through his stomach.

But when he was returned to his homeland and settled in the New Hampshire hills, the standing of his own soul with God, and the spiritual condition of his nation, troubled Dr. Vincent. He wondered if it were true that God no longer spoke openly to man, as He did in the days of the prophets. Were the approaches to heaven sealed, and the parapets guarded? He set himself to find out, beginning with meditation and breathing exercises, and enlisting his family to help him in his experiments in extra sensory perception. The experiments were successful; eventually all the desired phenomena were produced. But it was the mystical exercise which bore fruit, not only for Dr. Vincent, but for his wife, his

daughter, and his sons. The family as a group achieved a unity and an understanding which is only dimly felt by people in similar relationships, and in times of crisis the separate members were able to mingle in a perception which might be termed a corporate second sight.

All this had meaning for them as individuals and as a group, but its larger purpose was not exposed until August, 1941, when the daughter, Rea, was married to a young man named Herbert. Five days after the wedding the car in which they were riding was involved in an accident near Eastport, Maine. Both died, but not before members of the Vincent family were able to reach the hospital and perceive, with their highly developed group sensitivity, the events which transpired on the other side of life as each soul passed over. These events Dr. Vincent records with the faithfulness of a scientist. Each member of the group was interviewed separately, and his story set down as he told it. It is a remarkable presentation, unique in the literature of such events, which are usually characterized by emotionalism and an eager imagination.

The story begins with the accident and the passing of Rea and Herbert, unfolding thereafter into a rational and successful explanation of the meaning of death. As in many such documents the evidence is not to be disputed, but the interpretations are individual, and it is no more incumbent upon the reader to agree with them than it would be for him to acquiesce in Dr. Vincent's judgment and estimation of a natural phenomenon, such as the Grand Canyon, which he has seen and the reader has not. The main point is that a man of sense and understanding, an orthodox minister and a trained scientist, after long thought and patient experiment, sets forth as his finding and his testament that death, when it comes as God's will, is the best thing that can happen to anyone, signifying, as it does, the finish of an appointed task in a not too agreeable environment, with not very adequate tools. It is a reaffirmation, in modern terms and with modern examples, of the ancient teaching that life is a shadow, a night, a longing, a test, a preparation for things to come.

The book is dedicated to "all who serve in the armed forces and all who await their return." It should comfort and fortify them.

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What Things
Soever Ye Desire,
When Ye Pray,
Believe That
Ye Receive Them
And Ye Shall
Have Them.

MARK 11:24



"I am the Nurse"

*I am the nurse.
I walk with him
In his world of pain.
He is the warrior
become a boy again
Returned to us
in the backwash of war,
By God, given back to us,
to make whole.
I am the nurse.
But I am so few and he . . .
your wounded man . . .
is legion!
Women, mothers of men,
stand with me
in the dark of night
. . . and listen.
Do you hear the murmur
of a million lips?
Do you hear . . .
the call for help,
rising in pitch
Above the death-belch of
cannon . . .
Calling from the heavens,
through the whine
of crushed wings . . .*

*Bubbling through the ocean's
swell . . . touching
at every shore?
Yes, you hear it . . . the call
of hurt.
You are a woman and, hear-
ing, you must heed.
When his teeth are clenched
in pain . . . upon a woman's
name . . .
Mine is the hand that soothes.
When his eyes are set
upon a woman's face,
cherished image plucked
through space,
Mine are the words that calm.
I am the nurse,
Stricken in heart with
the single fear
That against the growing need
my numbers cannot prevail.
For I am so few and he . . .
is legion
who asks our aid.
Add your hands to mine,
women, mothers of men,
Lest I be too few,
lest victory hang
like a mocking mask
Upon our Nation's honor!*

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CAN HELP IN THIS WORK
OF MERCY
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TODAY**